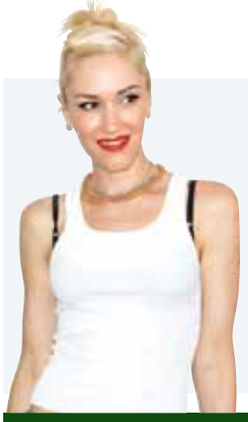

A WAYBACK PLAYBACK

SOME OF THE BIGGEST HITMAKERS OF THE '90S, SUCH AS THE CRANBERRIES AND SKA REVIVAL BAND NO DOUBT, ARE STEPPING BACK INTO THE SPOTLIGHT PAGE 18

CALGARY metro®

Monday, July 23, 2012

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A WINNING KISS

Ernie Els of South Africa kisses the Claret Jug trophy after winning the British Open Golf Championship at Royal Lytham & St. Annes Golf Club, Lytham St. Annes, England, on Sunday. Story, page 27. CHRIS CARLSON/THE ASSOCIATED PRESS

City support for commercial marijuana grows

Safety concerns. Health Canada plans to move away from residential operations

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Health Canada's move away from residential marijuana grow-ops has piqued the interest of Calgary officials, with some openly calling for tightly regulated companies to take over.

Leona Aglukkaq, federal health minister, told the CBC earlier this month that her government will no longer allow people to grow their own medicinal marijuana by 2014.

Calgary Ald. Diane Colley-Urquhart believes the government's hand was forced after local officials — including herself — and those in a number of other cities raised concerns over safety-code violations they claim to consistently find in residential grow operations.

A commercial marijuana development locally would require a land-use zoning change, but that would likely come down the road, she added.

"It will be the federal government's decision where they want to put these commercial operations, but it absolutely is a move in the right direction," added Colley-Urquhart, who also serves as chair of the STOP Marijuana Grow Operations Coalition.

But Staff Sgt. Tom Hanson with the Alberta Law Enforcement Response Teams was hesitant to suggest commercial developments better ensure community safety.

"There are significant risks to growers and their neighbours when locating medical (marijuana grow-ops) in either a residential or commercial setting," he said.

Wayne Brown with Calgary's Co-ordinated Safety Response Team cautioned that the city's hands are tied until a direction is decided, but added that one entrepreneur has already inquired about a establishing a commercial grow-op.

Brown added that the city would likely back such developments because they allow for better safety monitoring.

The city has issued two requests to Health Canada for the locations of every legal residential grow-op in Calgary but has received no response to date.

A 'cursed' card

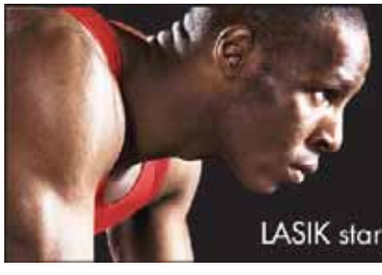
Calgary debut of UFC 149 on Saturday was marred by boos, angry chants and sporadic crowd fights PAGE 3

Dark night

Colorado shooting suspect James Holmes's bid to join gun range was rejected because of his "freakish" voice-mail message PAGE 6

More choice

A new CRTC ruling on flexible TV packages means Canadian viewers could soon be paying only for the channels they want PAGE 14



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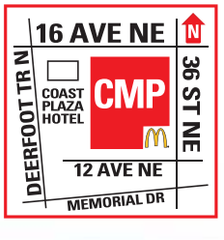

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Southern Alberta

Two men dead in separate water-related incidents

Emergency crews were unable to revive two people killed in separate water-related incidents in southern Alberta Sunday.

In the early afternoon, STARS Air Ambulance and a number of other rescue agencies responded to a request for assistance after a raft carrying four people overturned on the Highwood River, west of Longview.

One of the rafters, a 35-year-old man, was found unconscious downstream by a group of swimmers, RCMP said. He was pulled from the water, but members of the group had to scale a 200-foot embankment to call for help. Efforts to resuscitate the victim were unsuccessful.

All rafters were wearing helmets and safety vests, said RCMP.

A few hours later, emergency personnel responded to reports of a possible drowning in Ghost Lake near Cochrane.

Witness reports suggest a 20-year-old man went missing after jumping off a bridge into the lake. RCMP said a group of five people were jumping into Ghost Lake from the bridge.

"The call came in after he didn't surface," said Calgary EMS spokesperson Stuart Brideaux.

The diver was eventually found by fellow swimmers and pulled from the lake unconscious.

STARS was called in for a possible emergency transport, but the man was pronounced dead on scene, Brideaux said.

The identities of both victims were not released Sunday as emergency crews worked to identify next of kin.

JEREMY NOLAIS/METRO

Fan antics, 'cursed' card won't stop UFC's Calgary return: Rep

Fallout. Boos, angry chants and sporadic crowd fights hinder local debut of world's biggest mixed-martial arts brand

JEREMY NOLAIS
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Even the Ultimate Fighting Championship's biggest booster felt the brand's Calgary debut left much to be desired.

"We can count on one hand how many shows suck," organization president Dana White told reporters late Saturday. "Tonight is one more finger on that hand."

But despite the injury-riddled card for UFC 149 — one of the sport's biggest personalities, Joe Rogan, claimed on Twitter Saturday that the event was "cursed" — repeated boos from fans in attendance and even reports of sporadic crowd fights, the director of operations for UFC Canada believes Calgary will see another event sooner rather than later.

"Calgary is a fight city," Tom Wright told Metro Sunday. "Alberta is a fight province."

Wright stopped short of committing to a local UFC return next year — something that White promised to fans last week — but deemed Saturday's showing a rare misstep by a brand that many believe is now the most popular of its kind on the planet.

Ultimate Fighting Championship fighters Urijah Faber, left, from Calif., and Renan Barao, from Brazil, do battle during UFC 149 in Calgary on Saturday. JEFF MCINTOSH/THE CANADIAN PRESS

Quoted

"We can count on one hand how many shows suck. Tonight is one more finger on that hand."

Dana White, UFC president

But some MMA watchers and fans were not so eager to let the UFC off the hook.

Geno Mrosko, managing editor for U.S.-based MMA-Mania.com, said the organization may be biting off more than it can chew.

"In 2007, for the entire year, the UFC held 20 events," said Mrosko, referring to a post from a peer. "They have already held 20 events this year and we're only halfway through. So you're going to end up running into situations where a bunch of guys get hurt."

Nevertheless, Mrosko said he believes the UFC can redeem itself with a "killer" Calgary fight card next time around.

WITH FILES FROM THE CANADIAN PRESS

Fight night

- It is believed that the $4.1 million in ticket sales generated for UFC 149 eclipsed the previous record for an event at Calgary's Saddledome. That honour was held by The Rolling Stones.
- Tom Wright, director of operations for UFC Canada, estimates the brand's debut injected $15-20 million into the local economy.

1 NEWS

On the web

So much for the Olympic spirit

For some in Athens, the Olympics are not a celebratory affair. The birthplace of the Games is collectively groaning after hosting the 2004 event. Go to metronews.ca to find out why the public is so unhappy.

Mobile news

A small part in an upcoming sci-fi remake has turned into a treasure chest of publicity for a Canadian actress who plays a three-breasted prostitute in the flick. Scan the code to find out more.

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Kristen Barker, 26, dives into her first sample at Calgary's Sun and Salsa Festival in Kensington Sunday.
JEREMY NOLAIS/METRO

Sun and Salsa Festival sells itself

Capacity. Event has grown to its limits in Kensington neighbourhood, says executive director

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Eight advertising banners and a news release.

That's all organizers of Calgary's 19th annual Sun and Salsa Festival used to promote this year's event, which transformed the Kensington neighbourhood for the bulk of the day Sunday.

"We have really reached our capacity — we are still really just enjoying how popular the festival has been," said Annie MacInnis, executive director of the Kensington Business Revitalization Zone, which hosts the event. "We don't really promote it anymore ... people still keep coming."

Those people end up consuming on average 25 gallons of salsa from a variety of area vendors competing against one another for top culinary honours.

Old Dutch donates 20,000 bags of tortilla chips to the event and attendees contribute up to $35,000 annually to charity through chip and salsa sales alone.

The festival also draws a wide variety of performance artists. A quick stroll Sunday revealed everything from sword-swallowing magicians to break-dancers and saxophonists.

Edgar Reyes and fellow founders of the IllFX Dance Crew kept audience members jiving for much of the day on one stage.

A Calgary native, Reyes made the top 10 on the third season of So You Think You Can Dance Canada. He said the festival offers a huge opportunity for up-and-comers like himself.

"I think it's awesome," he said. "We hit a very wide range of people here."

One-tenth

100K

Sun and Salsa Festival organizers estimate 100,000 people stop by annually, which equates to nearly one-tenth of Calgary's total population.

North of city

RCMP busy with string of crashes

Highway 2 near Olds saw five separate collisions involving 10 different vehicles in a string of wrecks that closed off a northbound portion of the road.

The first crash happened at 10:30 a.m. when a car lost control and hit the centre cables in the northbound lanes, 10 kilometres north of highway 27.

Three more vehicles crashed south of the first crash, and then three more were tied up two kilometres south of the second crash. Neither speed nor alcohol were factors in the collisions, police said. **METRO**

Fire. Rocky View blaze causes $1 million in damage

Three buildings and a number of cherished antiques were lost in a Calgary-area blaze Sunday afternoon, according to fire officials.

An explosion was reported in the early afternoon at a ridgeline property just off Highway 1 at its intersection with Highway 22.

Damage estimates were still being worked out but Rocky View Fire Chief Ken McMullen said the final tally will likely exceed $1 million.

"To be honest, (the buildings) were gone before we arrived," McMullen said.

The buildings on the property are believed to have housed dozens of antiques, a fellow firefighter present at the house told Metro.

It is believed the fire stemmed from an explosion that caused burn injuries to the arms of the property's owner, McMullen said, adding the owner was taken to hospital.

A cause of the explosion was not likely to be determined until after a full investigation by a member called in from Calgary to assist. The fire could have been worse, McMullen said, noting his firefighters managed to save an adjacent studio and another building also located on the same property. **JEREMY NOLAIS/METRO**

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China. Heaviest rainfall in 60 years kills many, leaves cars and buses submerged

The heaviest rain to hit Beijing in six decades killed at least 10 people and left cars and buses submerged.

Meanwhile, 10 other storm deaths were reported elsewhere as China braced itself on Sunday for more downpours. The rain Saturday night knocked down trees in Beijing and trapped cars and buses in waist-deep water in some areas.

In Tongzhou district on the capital's eastern outskirts, two people were killed by collapsed roofs, one person was fatally struck by lightning and a fourth was electrocuted by a fallen power line as he helped neighbours escape, the government news agency said. Another man in Beijing died when his car was trapped in deep water near the city centre. THE ASSOCIATED PRESS

In this photo provided by China's news agency, streets are flooded in Gaoqiao, Sichuan Province. AP PHOTO

Russian floods

Officials detained over failure to warn

Russian police have detained three officials accused of failing to properly warn and evacuate residents in a southern region where floods killed scores of people this month.

The flooding in the Black Sea region killed 171 people — including 153 in the town of Krymsk and its suburbs — after torrential rain left behind nearly 30 centimetres of water.

The flash flood turned Krymsk's streets into swirling, muddy rivers and filled one-story homes to their ceilings. THE ASSOCIATED PRESS

More details emerge about Colorado shooting

Suspect James Holmes. University investigates whether position as a graduate student used to order booby trap materials

The suspect in the Colorado shooting rampage displayed behaviour that a gun range owner thought was "bizarre", but it is still unclear if anyone at the university where he studied had any hint of his plans.

Police said James Holmes began buying guns at Denver-area stores nearly two months before Friday's shooting.

He also received at least 50 packages in four months at his home and the University of Colorado, Denver, that authorities are investigating to see whether they contained materials for the potentially deadly booby traps that police found in his apartment.

At the same time, the quiet 24-year-old was in the final weeks of the first year of a rigorous Ph.D. neuroscience program, where he took a three-part final exam required for students to progress in the program and was scheduled to give a presentation on MicroRNA Biomarkers before abruptly leaving in June.

Holmes is being held without bond on suspicion of multiple counts of first-degree murder after a shooting rampage minutes into a premiere of the new Batman film The Dark Knight Rises in Aurora early Friday that left 12 people dead and 58 injured.

He is scheduled for an initial court hearing Monday and has been assigned a public defender.

Amid the continuing investigation of Holmes and his background, Sunday was a day for healing and remembrance in Aurora, with President Barack Obama arriving to visit with families of the victims.

The University of Colorado said it's investigating whether the mass shooting suspect used his position as a graduate student to order materials in the booby traps police found.

University spokeswoman Jacque Montgomery said Sunday the school is looking into those packages received at school. THE ASSOCIATED PRESS

One view

"It could be he was interested in that because he knows there's something different in him."

Mary Muscari, a criminology professor who studies mass killings, said she was not surprised Holmes was studying neuroscience and mental disorders.

Christine Watson, left, and her mom, Kathy, pay respects in Aurora. AP PHOTO

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Poland. March in Warsaw marks 70th anniversary of first deportations

Members of Poland's Jewish community and other Poles have marked the 70th anniversary of the first deportations from the Warsaw ghetto in 1942 with a memorial march through the city.

Although Poland regularly marks major Holocaust anniversaries, like the liberation of Auschwitz and Warsaw Ghetto Uprising, there have never been major commemorations for the start of deportations to death camps on July 22, 1942.

Officials and the Polish media described Sunday's event as a first.

Participants gathered at Umschlagplatz, the site in Warsaw where Jews were loaded onto trains bound for Treblinka.

They then walked as a group to an orphanage named after Janusz Korczak, a Jewish educator who had a chance to escape the Holocaust but instead chose to die with the children under his care.

The event was organized by the Jewish Historical Institute in Warsaw, which wanted to pay homage to all those who were transported from the Warsaw ghetto, while also focusing especially on Korczak and the suffering of children.

Pawel Spiewak, director of the institute, said he has seen a tendency to commemorate events in which people rose up bravely against Nazi German cruelty, but it's also important to remember those who could not defend themselves. THE ASSOCIATED PRESS

A woman attaches a ribbon with names onto the fence of a former Jewish orphanage, in Warsaw, Poland, Sunday. ALIK KEPLICZ/AP PHOTO

Norway pauses to commemorate 77 victims

Theodor Christopher Jaeger Lindhjem, 2, from Oslo, places a flower outside the cathedral in Norway's capital on Sunday. It was the first anniversary of a bombing and shooting rampage in Oslo and on Utoya Island. Norway paused Sunday to commemorate the 77 victims. The incident shocked the nation one year ago. It was a tragedy that the prime minister said brought Norwegians together in defense of democracy and tolerance.

LISE ASERUD/NTB SCANPIX/THE ASSOCIATED PRESS

Black Sea resort. Suicide attacker's identity not revealed after autopsies

Autopsies have provided officials with new information about the suicide bomber who killed five vacationing Israelis and a Bulgarian bus driver in the Black Sea resort town of Burgas, an official said Sunday.

But the identity of the attacker appeared to remain unknown, and Bulgaria's government was continuing to investigate whether he had carried out the attack with the help of an accomplice.

Israel has blamed Wednesday's attack in Bulgaria, and other recent ones on Israeli citizens around the world, on Iran and its proxy groups, including the Lebanese militant group Hezbollah.

On Sunday TV, Israeli Prime Minister Netanyahu said, "We have unquestionable, full substantiated intelligence that this was done by Hezbollah and backed by Iran." THE ASSOCIATED PRESS

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Puerto Rico's legal cockfights in decline

Revenues suffering. As sport moves underground, official clubs are seeing their profits plummet

Each man clutched a wriggling knapsack and stood in line, anxious to have every gamecock weighed and outfitted with spurs for a match at one of Puerto Rico's largest cockfighting clubs. Within minutes, the men repeatedly called out the weights of their feathered fighters in a scene reminiscent of a Wall Street trading floor as they sought a suitable opponent of the same heft.

It's a scene that unfolded on a recent afternoon in an arena paid for with U.S. tax dollars, on an island territory where cockfighting is a legal and popular activity.

In fact, the territory's government is battling to keep the blood sport thriving, as many matches go underground to avoid fees and admission charges levied by official clubs. Although long in place, those costs have since become overly burdensome for some as the island endures a fifth year of economic crisis.

The business once generated $100 million US a year in revenue for government-owned clubs across the U.S. territory, among the few places in the world where such fights remain legal. Many say revenue at such clubs has plummeted.

In October 2010, Puerto Rico legislators voted for a widely lauded resolution to protect cockfights, stating they're an integral part of the island's folklore and patrimony. Subsequent legislation to crack down on illegal fights have received a lukewarm response.

THE ASSOCIATED PRESS

The Puerto Rican government is fighting to keep alive a sport that many consider inhumane. FRANKLIN REYES/THE ASSOCIATED PRESS

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Probe. Japan looks into possible coverup of worker radiation exposure

Japanese authorities are investigating subcontractors on suspicion that they forced workers at the tsunami-hit nuclear plant to underreport the amount of radiation they were exposed to so they could stay on the job longer.

Labour officials said Sunday that an investigation had begun over the weekend following media reports of a coverup at the Fukushima Dai-ichi plant, which suffered multiple meltdowns following the March 2011 earthquake and tsunami disasters.

A subcontractor of plant operator Tokyo Electric Power Co., or TEPCO, acknowledged having nine workers cover their dosimeters with lead plates late last year so the instrument would indicate a lower level of radiation exposure.

The investigation marks the first time the government has looked into the case, believed to be part of a widespread practice at the plant since it was hit by the worst atomic crisis since Chornobyl.

The government more than doubled the emergency radiation exposure limit soon after the accident, but lowered it back to the previous level in December. The law now sets the exposure limit at 50 millisieverts per year, or a five-year total of 100 millisieverts.

Dosimeter readings are crucial personal records that determine how much longer a worker can stay on a plant job. Work at highly contaminated areas could quickly eat up a worker's quota.

The issue reflects a growing concern among the government and TEPCO about how to secure a continuous flow of workers to finish cleaning up the plant. Officials say it will take about 40 years to decommission the plant's four wrecked reactors — three with melted cores and another with a spent fuel pool in a shattered building.

Labour officials made onsite inspections at the Fukushima plant to examine dosimeter readings of the workers and other records, said Yasuhiro Kishi, an official at the Fukushima Labor Bureau.

Health and Labor Ministry officials repeatedly issued warnings to TEPCO during the first few months of the crisis about the company's lax oversight of workers' exposures. Officials have also said TEPCO had several workers share a dosimeter not just early in the crisis when the equipment was in short supply due to tsunami damage, but even after a full stock had been regained.

Takashi Wada, president of Fukushima-based subcontractor Build-Up, acknowledged this weekend that the dosimeter falsification had taken place. He said a supervisor of the group of nine workers came up with the idea when his dosimeter alarm went off during his short preview visit to the area where the workers were assigned.

THE ASSOCIATED PRESS

Drug trade

Jamaican pot goes up in smoke

Nearly 6,795 kilograms of marijuana has gone up in smoke in Jamaica. The bonfire of seized drugs follows raids on marijuana-growing and trafficking operations on the Caribbean island launched since 2010. Police say the majority of the marijuana was seized this year.

THE ASSOCIATED PRESS

World

Turkish chopper crash kills four

A Turkish paramilitary helicopter crashed Sunday in a southeastern region where troops are fighting Kurdish rebels, killing four security personnel on board, officials said. Eight others were injured. The helicopter crashed while landing near an outpost.

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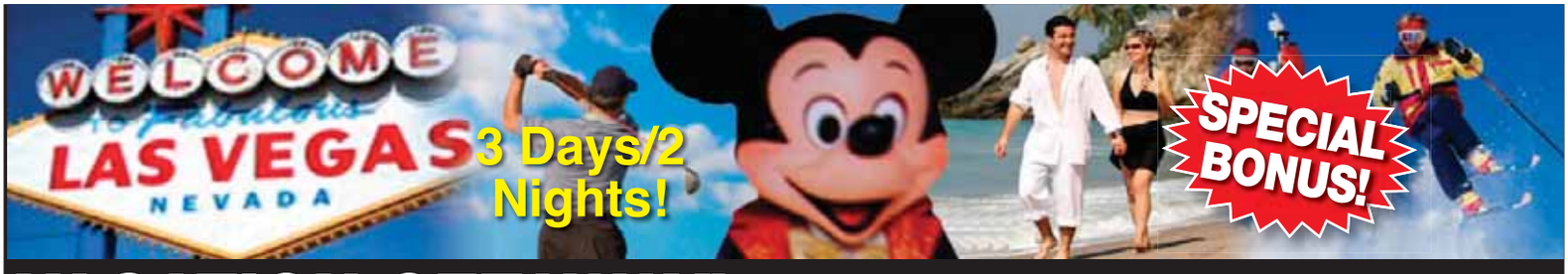

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New database should include DNA, families say

Lindsey's Law. Index meant to help identify missing persons and unidentified remains won't include DNA information

A national database to help identify missing persons and unidentified remains is more than a year away, but families and experts say that DNA is the missing piece of the puzzle that the initiative needs.

Judy Peterson has been a proponent of such a database since her daughter, Lindsey Jill Nicholls, went missing in 1993.

"I think the DNA databank is just the missing piece," she said. "I believe it will happen, I just can't understand why it's taking so long."

Lindsey Nicholls, 14, went missing in 1993. THE CANADIAN PRESS

Peterson started a petition in 2003 called Lindsey's Law, calling for DNA from missing persons and unidentified remains to be added to the National DNA Data Bank, which was set up in 2000.

Melanie Alix's son Dylan Koshman went missing in Edmonton in October, 2008 and she too has been petitioning the government for such an addition to the data bank.

Alix and her husband gave DNA samples to police in Edmonton after her son's disappearance, but they were not accessible to law enforcement in other provinces because there is no national DNA database for missing persons and unidentified remains

A new index called the National Centre for Missing Persons and Unidentified Remains would store descriptive information on these cases and allow for them to be compared nationally for the first time when it launches in late 2013, but it won't include DNA.

The federal government has been resistant to amending the National DNA Data Bank to include the thousands of missing persons and hundreds of unidentified bodies across the country. It cites privacy concerns and high costs.

THE CANADIAN PRESS

Body-parts case

Jun Lin's mother addresses service

The parents of Jun Lin took part in an emotional public memorial on Saturday as Montreal's Chinese community gathered to remember the student two months after he was brutally killed.

Lin's mother, Zhigui Du, gave a heart-wrenching address at a Montreal church that brought many in the pews to tears.

"When a child dies, a parent's heart dies, too," Du said in Mandarin, as an interpreter translated into French. "He is gone. He was taken so fast."

THE CANADIAN PRESS

Political participation

Native women's political clout rises

Half of the eight candidates in the recent election for national chief of the Assembly of First Nations were women — a novelty not just for the native organization but for Canadian politics in general.

The secret to such high female participation is twofold, says Michele Audette, president of the Quebec Native Women's Association.

It lies in politics at the local level, where women on reserves have been taking the reins more and more often, she says.

THE CANADIAN PRESS

Charest's future left hanging?

Effigies are hung in protest in Montreal on Sunday during a mass demonstration against the Quebec Liberal government's policies, including university tuition hikes and Bill 78. Student groups say they are sending a message that they will be ready for a fight if Premier Jean Charest decides to call an election. PETER MCCABE/THE CANADIAN PRESS

Donations. Bullied bus monitor thanks public

An American school-bus monitor who was verbally abused and tormented by students is now mulling over what to do with her embarrassment of riches.

A video showing Karen Klein, 68, being tormented and insulted on the bus ended up online and caught the eye of Max Sidirov of Toronto. He launched a fundraising drive on Indiegogo.com to pay for a holiday.

Sidirov, 25, set the initial fundraising target for $5,000 dollars, but donors kicked in $703,873 by the time his campaign wrapped up Friday night.

Klein must now decide what she'll do with the money. She said she has some organizations that work with special-needs children in mind.

"Hopefully everybody out there knows how much I appreciate everything," she said.

THE ASSOCIATED PRESS

Paterno statue removed, NCAA to set sanctions

People visit the Joe Paterno statue early Sunday in State College, Pa. The famed statue of Paterno was taken down from outside the Penn State football stadium Sunday morning. JOHN BEALE/THE ASSOCIATED PRESS

Penn State scandal.
University tears down monument to famed coach as school awaits word on punishment

The famed statue of Joe Paterno was taken down from outside the Penn State football stadium Sunday as the NCAA announced it would be issuing sanctions against the university whose top officials were accused in a scathing report of burying child sex-abuse allegations against a now-convicted retired assistant.

Workers lifted the seven-foot-tall statue off its base and used a forklift to move it into Beaver Stadium as 100 to 150 students watched, some chanting, "We are Penn State."

The university announced earlier Sunday that it was taking down the monument in the wake of an investigative report that found the late coach and three other top Penn State administrators concealed sex-abuse claims against Jerry Sandusky. Sandusky was convicted last month of 45 counts of sexual abuse of 10 boys.

Meanwhile, the NCAA said that it would levy "corrective and punitive measures" against Penn State over the Sandusky scandal.

The organization announced Sunday that it would spell out the sanctions on Monday but disclosed no details.

NCAA President Mark Emmert hasn't ruled out the possibility of shutting down the Penn State football program in the wake of the scandal, adding that he had "never seen anything as egregious."

The Paterno family issued a statement only hours later saying the statue's removal "does not serve the victims of Jerry Sandusky's horrible crimes or help heal the Penn State community."

"We believe the only way to help the victims is to uncover the full truth," said the family, which vowed its own investigation following the release of the report by former FBI director Louis Freeh. The family called the report "the equivalent of an indictment." THE ASSOCIATED PRESS

His family

Paterno's widow, Sue, and two of the Paternos' children visited the statue Friday as students and fans lined up to get their pictures taken.

- The statue, weighing more than 900 pounds, was built in 2001 in honour of Paterno's record-setting 324th Division I coaching victory.

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Murdoch retreats

Media mogul Rupert Murdoch, pictured entering the News Corp. building in New York last year, has resigned as a director of a number of News Corp. subsidiary boards in Britain and the United States, a spokeswoman confirmed Saturday. LOUIS LANZANO/THE ASSOCIATED PRESS FILE

Few celebrate 3-year anniversary marking end of Great Recession

Global recovery. Three years on and trillions spent, economies still fragile in U.S. and Europe, while Canada's progress is deceiving

Few are noting the occasion, but about now Canada and the rest of the world should be celebrating the third anniversary marking the end of the Great Recession.

It was in the third quarter of 2009 — the July-September months — that Canada and many other major advanced nations began to breathe a little easier in the knowledge they had peered into the economic abyss and somehow survived.

Yet there are no signs of rejoicing, or even relief.

At separate stock-taking events last week, U.S. Federal Reserve chairman Ben Bernanke, Bank of Canada governor Mark Carney and the International Monetary Fund each had different versions of the same message — the global economy still hangs by a thread, growth is painfully slow and full employment is years away.

Europe is suffering through a Japan-style lost decade.

Canadians have been told repeatedly they have done better than most, and the message has become the reality.

France's L'Express magazine last week declared Canada No. 1 in a cover story, encouraging readers to pack up and head to the promised land.

The reality is a little more nuanced, though Canada looks awfully good next to much of Europe, which is now expected to be in recession the rest of the year.

But even in Canada, things might have turned out better. The first full year of recovery saw the output expand by an acceptable 3.2 per cent, but slow to 2.4 per cent in 2011. Depending on the forecast, it will likely slow further to between 1.5 and 2.1 per cent this year.

And that's gross domestic product, which includes population growth of about 1.2 per cent a year. Take away the fact there are more people in the country producing and spending, and the picture looks very different.

THE CANADIAN PRESS

Aiming for average

On a per-capita basis, Canadians are still not back to where they were before the 2008-09 crisis.

- Per-capita GDP in inflation-adjusted dollars peaked at $40,015.79 in the fourth quarter of 2007, and had only returned to $39,648.11 in the first quarter this year.

Technology

Lab working on security shoe

A new lab at Carnegie Mellon University is working on shoe insoles that monitor access to high-security areas, like nuclear-power plants. The idea is based on research showing that people have unique feet and ways of walking. Sensors in the footpad collect data and check the patterns. One expert says the technology could raise privacy questions. Attorney Lee Tien with the Electronic Frontier Foundation says it's a potential tracking device.

THE ASSOCIATED PRESS

Beyond coffee

Starbucks juiced with Evolution

Starbucks on Friday announced the opening of three more Evolution Fresh Inc. juice stores, in addition to the one it opened earlier this year. The Seattle-based company is also expanding distribution of ready-to-drink bottles of Evolution juice in stores to capitalize on the rapidly growing market for premium juices.

THE ASSOCIATED PRESS

Canadian TV viewers to get more flexibility to choose their channels

Canadian viewers frustrated with paying for television channels they don't want can expect more flexible packages in light of a new ruling by broadcast regulators.

The Canadian Radio-television and Telecommunications Commission has ruled in favour of proposals made by Bell Media and Telus Corp. to adopt a more flexible TV-package model.

"In this decision, one of our main criteria was flexibility and innovation in the packaging," said Denis Carmel, a spokesman for the CRTC.

Carmel said that while individual channels may cost more under the new model, consumers' bills may go down because they will be paying for fewer channels.

The CRTC could not provide details about the terms of the agreement, which is confidential.

The ruling reflects a marketplace that is moving towards more flexible packaging, where consumers only have to pay for what they want, said Carmel.

TV à la carte

"In this decision, one of our main criteria was flexibility and innovation in the packaging."

Denis Carmel, CRTC spokesman

"In the old days there were huge packages, where to get one channel you might have to pay for many more," said Carmel.

Kevin Crull, president of Bell Media, called the decision a victory for consumers.

"The CRTC has sent a very clear signal that it supports carriage arrangements that will deliver more packaging flexibility to consumers," said Crull.

THE CANADIAN PRESS

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I am an unabashed fan of Canada's Game.

The game that is played right here in Canada, with a heavy contingent of Canadian players, created and shaped in our country, played in small towns and big cities right across this fine land of ours.

I love Canadian football.

Did you think I was talking about hockey? Lacrosse?

This past Thursday I took in the battle between my beloved Saskatchewan Roughriders and the hometown Stampeders. Between beers and cheers alike, I realized how truly unique the Canadian Football League is to this country.

Hockey is our lifeblood but it's far from "our game." The NHL's head office is in New York and for all intents and purposes it's an American league with Canadian franchises. Lacrosse has been played on our soil for over 1,000 years. Birthed by the Iroquois, it predates Canada. Its roots are deeper than a border.

Canadian football has always been ours. Its rules have always been separate from the U.S. game, leaning a little closer to the formative days of our country, when rugby and soccer were merging on the fields of American and Canadian college campuses.

Gridiron

"Purists may scoff at our humble Canadian game as a poor man's NFL."

While purists scoff at our humble Canadian game as a poor man's NFL, I feel great pride in a game that has been shaped and moulded within our borders without much American influence.

While there was the disastrous expansion to the U.S., the CFL hasn't had to deal with its ball lighting up the TV screen for American audiences or a dastardly Gary-Bettman-interloper-type spawning Canadian Conspiracy Theories.

Sure, the CFL is widely viewed as a training ground for U.S. football and, yes, the athletic prowess may not match that seen on Monday Night Football.

The biggest stadiums in the league are also some of the most empty (ahem, Toronto), there are still threats of TV blackouts (cough, Calgary) and the officiating is mediocre at best.

But the CFL is still a grassroots program. The players seem more human, earnest and blue collar than their big-time counterparts. The average Joe isn't priced out of a ticket, and Canadian talent is highly valued.

And our overtime is better. Hands down.

Thursday night I watched my favourite team on earth run up an 18-point lead by the fourth quarter.

Twelve minutes later, the home team had it tied and off to overtime we all went. While football elitists shake their head at such situations, I sit back, smile and say to myself a phrase I've said hundreds of times before:

"Only in the CFL"

Beach volleyball

London weather threatens itsy bitsy-bikinis

Two piece or not two piece: That is the question.

Chilly weather and evening matches at the London Olympics may force a cover up in beach volleyball — from bikinis to long johns.

"We need it to keep our muscles warm," Australian competitor Tamsin Hinchley said Sunday. "It's an extremely strenuous sport."

Yes, but let's get real. Long sleeves and leggings aren't exactly the main draw for lots of beach volleyball fans.

Asked if she thought it would be a turnoff for some fans, Hinchley said no, she thought the atmosphere would still be rocking at Horse Guards Parade.

"The regulations are that it's tight fitting, so if that's what you're there for, whatever."

And the gear has already been a common — even if not entirely popular — sight on the world beach volleyball tour this year. It's now part of the uniform, Hinchley said.

"Obviously we're that sport, we're the sport that wears the bikinis and we're the sport that's physically out there," she said. "But we're jumping and running and sliding on the sand. We'll be using it (cold weather gear) to benefit us physically. We'll definitely be taking it."

THE ASSOCIATED PRESS

The running of the brides

DARKO VOJINOVIC/THE ASSOCIATED PRESS

On your mark ...

It's as if they are racing to the altar

Brides prepare for a race in central Belgrade, Serbia, on Sunday.

The winner and two runners-up of the Bridal Race, organized by a local magazine, receive numerous awards and the wedding gown they had chosen to race in.

THE ASSOCIATED PRESS

A runaway bride's footwear.

Bride wars

50

About 50 women took part in the event, which was a 150-metre sprint through the capital's streets.

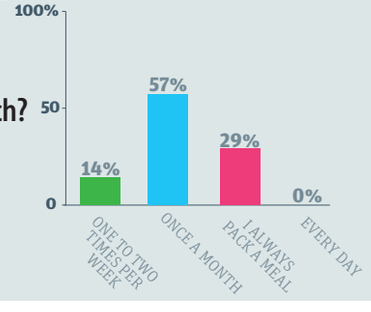
Just run with it

Just as Spain has the Running of the Bulls, Serbia has the running of the brides every year.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

How often do you eat out for lunch?



Twitter

@JaclynEWhite
Helped with setup at the #sunandsalsa fest today, then wandered it for a few hours — good day! #yyc

@tayloanderson
my sunday equaled muddy people, muddy hugs, muddy clothes, muddy hands, and a muddy attitude. thanks #mudhero #yyc

@bmoney1976
#sunandsalsa is a great time today. So many people out in the sun. #yyc

@JDfromCJAY
If you're not gonna get a hot dog, what's the point of hitting Costco? #AnotherCostcoTweet #yyc

@kkgrnwd
Heading home from #yyc going to finish up collecting my old clothes, jackets and linens for donation for #MakeJensDay What are YOU doing???

metro

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2

SCENE

Scene in brief

Studios silent on box office brags

Cash registers have been ringing at theatres worldwide this weekend as millions shell out for the finale to Christopher Nolan's epic Batman trilogy. But the shootings that left 12 dead and 58 wounded at a Dark Knight Rises screening in Colorado on Friday have silenced the usual box-office crowing by studios. Warner, the studio behind the Batman flicks, decided to hold off on releasing debut numbers for The Dark Knight Rises this weekend out of respect to the shooting victims and their families. Other studios followed suit, saying that like Warner, they would not issue their usual Sunday estimates.

THE ASSOCIATED PRESS

On the web

PBS gives Downton Abbey season 3 sneak peek

The 20-year itch

Unwilling to start collecting dust in the seat crack of pop music, a spate of bands whose heydays are a couple decades in the rear view are back with a vengeance. Hollaback No Doubt, Garbage, Cranberries, and I Mother Earth, and, not to be left out of the fold, The Backstreet Boys, are once again back in the spotlight.

MIKE DOJC
scene@metronews.ca

Backstreet Boys

Heyday: 1996-2000

Kevin, AJ, Brian, Howie, and Nick are back alright…but are they still everything you need? While the aging heartthrobs released a pair of albums in Kevin's absence, '07s Unbreakable and '09s This is Us, the band's core audience has been inconsolable since the oft-goateed member left. The reunion kicks off August 31 with a free concert in Central Park. A new album and a full-scale tour set for spring of next year is also in the works. Fans who can't wait that long to get their fix of returning singer Kevin Richardson can hunt down a pair of indie flicks he starred in this year: The Casserole Club, a wife-swapping drama set in the 1960s, and The Bloody Indulgent, a vampire musical.

Signature Songs: I Want it That Way, Show me the Meaning, As Long as You Love Me

The Cranberries

Heyday: 1993-1999

This Limerick-Ireland-based quartet hadn't released a studio album since 2001, and fans were missing their lush and lilting brand of poignant sonic dreamscapes. Seamlessly alternating between sweet "di, do-do doo" lullabies and more attitudinally tart fare, the Cranberries are at their best when they temper their melodic sweetness with notes of sour anguish. The band sticks to their knitting on 2012's Roses, re-teaming with their original producer Stephen Street to recapture their magic. During their downtime, singer Dolores O'Riordan dropped a pair of solo albums and lead guitarist Noel Hogan delved into electronica starting up Monoband, which spun into the side project's current incarnation, Arkitekt. Since reconvening, the Cranberries have been busy busting out tunes on the road and will be on a European swing this coming fall with stops from Bucharest to Barcelona and many points between.

Signature Songs: Dreams, Linger, Zombie

Garbage

Heyday: 1995-2001

With a name that gives a wry wink at the disposable nature of pop music, Garbage, assembled by Butch Vig (the super producer behind Nirvana's Nevermind), and a couple of his rock-vet pals, was originally a side project. Tapping Angelfish singer Shirley Manson to front the band made them one of the decade's steamiest acts. After seven years of hibernation following the underrated Bleed Like Me, Garbage returned with the nostalgia-mining Not Your Kind of People. Garbage's new material recycles the post-Grunge underpinnings of their self-titled debut and melds it with the spit-shined polish of their sophomore release Version 2.0 to create a vital new sound. During their self imposed exile, Manson stole scenes as a chilly yet sexy liquid metal Terminator in FOX's The Sarah Connor Chronicles while Vig earned himself a Grammy.

Signature Songs: Only Happy When It Rains, Stupid Girl, I Think I'm Paranoid

I Mother Earth

Heyday: 1993-1999

After an eight-year layoff since disbanding in the aftermath of 2003's The Quicksilver Meat Dream, IME was resurrected when they took the stage at Toronto's Sound Academy this past March for a pair of sold out shows. Bryan Byrnes, who took over from Edwin on 1999's Blue Green Orange, is back behind the mic and the Tanna brothers Christian and Jagori unleashing the band's beefy sonic onslaught on drums and guitar while Bruce Gordon checks back in on bass. The new single We Got the Love is a hard rocking, high-wattage pick-me-up that stands up to the band's most loved hits and longtime fans are lapping it up. With fellow mid-90s Canadian alt-rock radio regulars Treble Charger and Tea Party also recently getting their acts back together we smell a formidable triple bill in the near future.

Signature Songs: Levitate, One More Astronaut, Another Sunday

No Doubt

Heyday: 1992-2001

Ska-revivalists No Doubt rocked steady throughout the 1990s but haven't jammed on new material in over a decade. Settle Down, the first single of their upcoming album Push and Shove, is a bouncy tour de force produced by Diplo (Beyoncé, M.I.A) charged by waves of Caribbean dancehall and frontwoman Gwen Stefani's infectiously perky pop-vocals. Since they've been gone the platinum blonde singer has released a pair of well-received solo albums, started a couple of fashion labels in L.A.M.B. and Harajuku Lovers, and gave birth to her two sons Kingston and Zuma. Bottle blonde bassist Tony Kanal also kept busy producing and laying down tracks with the likes of Pink and Weezer.

Signature Songs: Just a Girl, Don't Speak, Hey Baby

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It was a busy day on Sesame Street. Everyone was preparing for the big art show.
Erica Brown, age six, from Sarasota, Florida, was coming to judge the show. Erica was bringing Cassie, Kate and Andrew to help her. The best artist would get a bright blu
"Hurry
called. "
minute."
& © 2008 Sesame Workshop

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Ricky Martin is living the life on Broadway

Taming the monster. Pop star talks about tackling the role of Che in Evita and taking up residence in New York City with his family

Ricky Martin says Broadway is a monster that requires discipline, concentration and dedication, but Evita's Che is feeling so happy and so at home that he can't imagine moving for a while.

"I would love to do Broadway the rest of my life!" Martin said on Tuesday, breaking a months-long silence he subjected himself to in order to preserve a voice that he's been using eight shows a week, since March and until January.

In an interview at the Marriott Marquis Hotel in Times Square, which houses the musical based on the life of Argentina's first lady Eva Peron, Martin said he's never been challenged as much as in the Tim Rice and Andrew Lloyd Webber spectacle and that this is, precisely, what has him "hooked" on Broadway, where he debuted in 1996 as Marius in Les Miserables.

Martin has already decided to stay in the Big Apple at least for a while, calling it a "fascinating" and multicultural city for his twins, Matteo and Valentino, soon four years old.

You were born for the stage and certainly for one on Broadway. Any immediate plans to work on other musicals or plays after Evita?

I love being onstage. I love what's happening with Evita. The reaction that I get every night from the audience, the emotions, the feeling, what I'm feeling every night onstage is, is simply beautiful. It's never the same, you never get bored, it's very challenging. Do I want to come back to Broadway? I would love to do Broadway the rest of my life! Because it's challenging, because it makes me grow as an actor, as an entertainer, as an artist, and that's what I need, that's what I'm hooked on.

Quoted

"I love being onstage. I love what's happening with Evita. The reaction that I get every night from the audience ... is simply beautiful."

Ricky Martin

Would you consider staying here in New York?

I AM staying here in New York! Those are my plans. Anything can change in show business, you know how it goes, everything changes from one day to the other. But my idea is to stay here for a while.

You have worked eight shows a week for months now and you still have until January to go. Has this taken a toll on you, physically, emotionally?

If you thought that you knew about discipline, well my level of discipline was very basic until I started doing this show specifically. The role of Che is very challenging every night, but I'm really enjoying this. I'm dealing with so many emotions, every day, in front of an audience. That vulnerability is ... addictive. I'm very happy to do this.

Do you get any "me" time at all?

You have to. The thing is that with the show I have a really amazing schedule. I wake up in the morning, I take the kids to school, then I come back home and I spend time in silence, which is very important. I meditate. I read the newspaper or I just work out and come back but it is very important for me to be centred and focused to be able to pull out this show. It's a lot of work. It's two hours of intense adrenaline, physically and mentally.

You just mentioned your kids and your plans to stay in New York. How is it to live with young children in New York?

New York City is an amazing place to raise children. I mean, there's so much you can do with kids here: all kinds of museums, you have the park (Central Park), you have kids from all over the world! My kids are going to school literally with kids from all over the world so they're exposed to so much at such a young age. It's such a fascinating city, I love New York City. It really is amazing.

Anything you can't wait to do after Evita?

I'm not thinking about what's happening after Evita. I don't want to go there. Not yet. Let's see what happens. I'm having the time of my life right now. Just to be able to be back on Broadway and to be surrounded by such amazing actresses, actors, directors, choreographers. It's just an amazing group of people. I learn so much from them every night. I think I'm very lucky, so Evita for me is everything at the moment. And I want to keep it that way.

Regarding your voice, how do you take care of it to be able to perform eight shows a week? You've performed all your life but...

Broadway is another monster. I've been touring since I was 12 years old and I love being on the road — one day you're here, next day it's snowing, and the next you are in a desert and it's 110 degrees. So I guess I'm kind of used to the madness physically that you go to when you are an entertainer. But it's been great.

Any other shows you've seen that you've enjoyed since you've been here?

I haven't been able to go to another show. Because that only day that I have off I go home and I spend it with my kids. I guess when I'm done with Evita I will.

Have your kids seen Evita?

They come with me to the theatre a lot, but it's a long show and it's deep... No, they haven't been able to see Evita ... (But) They sing the songs (laughs)!

THE ASSOCIATED PRESS

Ricky Martin is Che in Broadway's Evita. THE ASSOCIATED PRESS

Ricky Martin has been touring since he was 12, so he's used to the demanding schedule demanded by Broadway. THE ASSOCIATED PRESS

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Mariah Carey. ALL PHOTOS GETTY IMAGES

Mariah Carey eyes judges role on Idol

With Mariah Carey rumored to be close to signing on as a new judge for American Idol, the last remaining judge for the reality singing competition wants to make it clear that he isn't going anywhere.

While serving as guest host on The View last week, Randy Jackson announced that he is not leaving American Idol, despite speculation he might be following Jennifer Lopez and Steven Tyler, who recently left the show.

"Steven and Jennifer are truly two of the most talented and consummate professionals I've worked with," Jackson recently told Gossip Cop about his co-workers' departure. "I was friends with them before we hopped on this crazy journey together and I have no doubt our friendships will continue long after." Jackson's statement still leaves open the possibility that he'll move from the judges' table to a mentorship role on the show, leading to a completely new panel of judges.

The Word

Group going Gaga over her gay ways

THE WORD
Monica Weymouth
scene@metronews.ca

Pop stars can't catch a break today from the crazies.

The Florida Family Association is blaming Lady Gaga's hit single Born This Way and the singer's charitable foundation of the same name for encouraging teens to feel like worthwhile humans.

"Born This Way sends an irresponsible message to many teens who would have eventually chose to be straight," says the organization's website. "Thousands of kids who might have otherwise worked through their pubescent sexual identity issues (to) be inspired to accept the wrong choice based upon (her) unscientific, emotionally charged propaganda,"

The group is also encouraging followers to boycott retail chain Office Depot for donating $1 million to the Born This Way foundation.

No, guys — just no.

Although we do worry she sends an irresponsible message to the many teens who would have eventually chose not to wear a dress made from decapitated Muppets.

Usher.

Usher struggles with stepson's death

R&B singer Usher is mourning the death of his 11-year-old stepson, Kyle Glover, who succumbed to injuries suffered in a jet ski accident earlier this month, according to TMZ.

Glover was riding on an inner tube being towed by a motor boat when a family friend's jet ski collided with him on Lake Lanier, Atlanta, Ga.

The boy was hospitalized and declared brain dead shortly after.

Twitter

@MissKellyO
I NEED HELP FROM A TECHY! i just deleted a really important work email from my trash how can i get it back?

@victoriabeckham
London is AMAZING!!! so beautiful!!!! love being home, on a boat trip with the kids!!!

@rejectedjokes
Just filled out a Mad Lib with Justin Beiber. He put SWAG in for everything. Noun, verb, pronoun... everything. SWAG.

@ConanOBrien
Athletes at the Olympics are being issued 15 condoms each. Or as the men's table tennis players put it, "14 condoms too many."

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3 LIFE

Her husband donated sperm

Families. ...to a lesbian couple, and that's fine by her, says one mom

KOA BECK
mommyish.com

One lesbian couple accepts a sperm donation from a family friend. THINKSTOCK

Alana's husband had never donated sperm before. Although the mother of three had contemplated egg donation from time-to-time, her husband had never considered the opportunity to help a family in need, both before their marriage and after.

But when the couple's friends Jennie and Susan watched yet another sperm donor fall through, Alana and her husband decided to present them with an offer.

Two years ago after Alana welcomed her third child, Jennie and Susan were approaching the year mark of a struggle to get pregnant. Many legal barriers prevented the aspiring mommies from even getting married, let alone becoming parents — a predicament that deeply touched both Alana and her husband.

After consulting a lawyer on waiving all parental rights, the couple approached Jennie and Susan with the chance to use "their" sperm.

"They were surprised and grateful because the area where we lived is very conservative and most of our mutual friends were either neutral to their struggle or privately against it," Alana remembers.

The ladies didn't just hop at any sperm sample though.

Quoted

"An anonymous sperm donor had never appealed to the couple and the idea of reaching out to friends with similar values greatly interested them."

Only after some questioning about her husband's health and family medical history — which included no major genetic diseases — did the two mommies green light the idea. An anonymous sperm donor had never appealed to the couple and the idea of reaching out to friends who shared similar values greatly interested them. A sparkling family medical history and Alana's three healthy children ultimately had the two women consenting to expand their family with her husband's sperm.

She describes Jennie and her partner as being "very open" to both Alana and her family having limited involvement with the hypothetical child, hashing out potential visits and the routine sending of photos.

The "crunchy, natural lifestyle" ladies were adamant about attempting a more "organic" method for conception before going the IVF route. Upon removing heterosexual sex from the table, the soon-to-be mommies decided on at-home insemination and asked Alana's husband to deposit a sperm sample in a sterile cup at their home. Within the next hour, the couple used a sterile medical syringe, similar to what is used with infants, inside Susan. Although the couple was prepared to go through five rounds of at-home insemination before trying more conventional approaches, the mothers conceived on their second round — a rarity for their preferred method. Susan and Jennie eventually welcomed a baby girl.

"Jennie and Susan are two of the most loving, awesome people we have ever met and if anyone deserved to be mothers it was them. My husband and I both feel honoured and touched that we could be a part of helping them realize their dream of being parents," Alana tells Mommyish. "But in the end they are her mommies and my husband and I are just family friends."

Health

Whooping cough rising

The U.S. appears to be headed for its worst year for whooping cough in more than five decades, with the number of cases rising at an epidemic rate that experts say may reflect a problem with the effectiveness of the vaccine.

Nearly 18,000 cases have been reported so far — more than twice the number seen at this point last year, the Centers for Disease Control and Prevention said Thursday. At this pace, the number for the entire year will be the highest since 1959, when 40,000 illnesses were reported.

Nine children have died, and health officials called on adults — especially pregnant women and those who spend time around children — to get a booster shot as soon as possible.

Whooping cough has generally been increasing for years, but this year's spike is startling. Health investigators are trying to figure out what's going on, and theories include better detection and reporting of cases, some sort of evolution in the bacteria that cause the illness, or shortcomings in the vaccine.

THE ASSOCIATED PRESS

First peanuts, now eggs

Doctors are working on reversing egg allergies in kids and teens. ISTOCK

Doctors have reversed allergies in some children and teens by giving them tiny daily doses of problem foods, gradually training their immune systems to accept them.

In the best test of this yet, about a dozen kids were able to overcome allergies to eggs, one of the most ubiquitous foods, lurking in everything from pasta and veggie burgers to mayonnaise and even marshmallows. Some of the same doctors used a similar approach on several kids with peanut allergies a few years ago.

Don't try this yourself, though. It takes special products, a year or more and close supervision because severe reactions remain a risk, say doctors involved in the study, published in Thursday's New England Journal of Medicine.

"This experimental therapy can safely be done only by properly trained physicians," says a statement from Dr. Anthony Fauci, director of the National Institute of Allergy and Infectious Diseases, the federal agency that sponsored the study.

It didn't work for everyone, and some dropped out of the study because of allergic reactions. But the results "really do show there is promise for future treatment" and should be tested now in a wider group of kids, said the study's leader, Dr. A. Wesley Burks, pediatrics chief at the University of North Carolina, Chapel Hill.

Training a child's immune system to tolerate even small amounts of egg to prevent a major reaction was the study's goal. It enrolled 55 children ages five to 18. Forty were given tiny daily amounts of powdered egg white, the part that usually causes the allergy. The other 15 were given a dummy treatment for comparison. The amounts were increased every two weeks until kids in the treatment group were eating about one third of an egg each day.

THE ASSOCIATED PRESS

On the Web

Watch out, Tim Hortons: Canadians getting hooked on single-serve coffee machines

Go wild for Wild Mushroom Risotto sans all the calories

Wild Mushroom Risotto with Parmesan and Asparagus

This recipe serves four. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

ROSE REISMAN
for more, visit
rosereisman.com

I love risottos but the restaurant versions are loaded with butter, cream or cheese. This risotto is easy to make and has little fat and few calories by comparison (4.9 g of fat and 196 calories per serving).

For a more elegant risotto, try using truffle oil.

1. Lightly coat saucepan with cooking spray, add oil and set over medium-high heat. Add onion and garlic, and sauté 5 mins. or until onions are just tender and lightly browned. Add the mushrooms and sauté for about 8 minutes or until the mushrooms are no longer wet.

2. Add arborio rice and sauté 1 minute. Add 1 cup of the stock and simmer until the stock has just been absorbed. Continue adding 1/2 cup stock at a time, stirring until absorbed; repeat until all the stock has been used (about 20 minutes in total). Add the chopped asparagus with the last 2 cups of stock and cook until the asparagus is tender-crisp, about 3 minutes, and the liquid is absorbed.

3. Add all but 2 tbsp of the grated Parmesan cheese, the salt and pepper and mix well. Garnish with the remaining Parmesan and the basil. Serve warm. **ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)**

Ingredients

- 2 tsp vegetable oil
- 1 cup finely chopped onion
- 2 tsp finely chopped garlic
- 4 cups chopped wild mushrooms (try oyster, shiitake and/or portobello)
- 1 cup arborio rice
- 3 1/2 cups vegetable stock
- 1 cup chopped asparagus (cut into 1-inch pieces)
- 1/3 cup grated Parmesan
- pinch of salt and pepper
- 1/4 cup chopped fresh basil

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World screams for Canadian gelato

HEATHER GREENWOOD DAVIS
Life@metronews.ca

What does it take for a Canadian to beat out a host of artisans from around the world in the land where Gelato reigns king?

Some Quebec maple syrup, California pecans (toasted and infused with Maldon sea salt, as well as caramelized) and a whole lot of moxy.

Luckily, James Coleridge has all three.

The Ottawa-born gelato maker, whose Vancouver shop Bella Gelateria regularly has lineups out the door at its sole location, got word this month that he's won two of the coveted top prizes at the Gelato Festival in Florence, Italy.

The competition is the world's largest for gelato makers and Coleridge beat out 29 Italians for the top prize.

"I consider myself a custodian of an old-world process," says Coleridge, who admits he "jumped around like a jellybean for about a half hour" when he heard the news that he'd won both the technical jury prize and the People's Choice awards.

Being an artisanal gelato maker is about more than the all-natural ingredients that go into the process, Coleridge says. He uses his Italian training, skill, artistry and dedication to whip up fresh small batches of his Gelato creations (that range from Tahitian Vanilla to the award-winning Noce Pecan e Sciroppo d'Acero Canadese – Pecan and Canadian Maple Syrup) from original recipes that can take as long as 45 days to perfect.

James Coleridge. SUBMITTED

Still, he says there are plenty of ways you can enjoy gelato at home.

"Gelato is best eaten fresh and not stored in a freezer for much time," he cautions.

Another tip: "Serve it using a tablespoon, never an ice cream scoop! (Scoops) are an ice cream thing," says Coleridge who is clear, "Gelato is not ice cream. We don't use their paraphernalia." **HEATHER GREENWOOD DAVIS IS A FREELANCE WRITER BASED IN TORONTO. FIND HER AT GLOBETROTTINGMAMA.COM**

Find the perfect gelato

Here are Coleridge's three tips for finding the best gelato.

- **Flavours.** Stay away from flavours that are too reminiscent of ice cream (Cookies and Cream and Bubble Gum, for example) but consider opening your palate to flavours that aren't exclusively Italian like Akbar Mashti (saffron, rosewater) and Black Sesame.
- **Close your eyes.** Pretty syrups and gummy bears have no place in a good artisanal gelato. If they have to sell it to you by what it looks like, it probably doesn't have much taste.
- **Watch for windows.** Beware big, open air serving windows. Gelato is sensitive. Even one ice crystal can wreak havoc on its taste. Artisanal makers make small batches by hand and seal them tight against the freezers in which they are stored.

"Gelato is best eaten fresh and not stored in a freezer for much time," says gelato maker James Coleridge. ISTOCK

A new line of duty: Former cop reaches out by writing his way to recovery

Success in sobriety.
Gary Rubie has penned a book to help those out there in pain

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

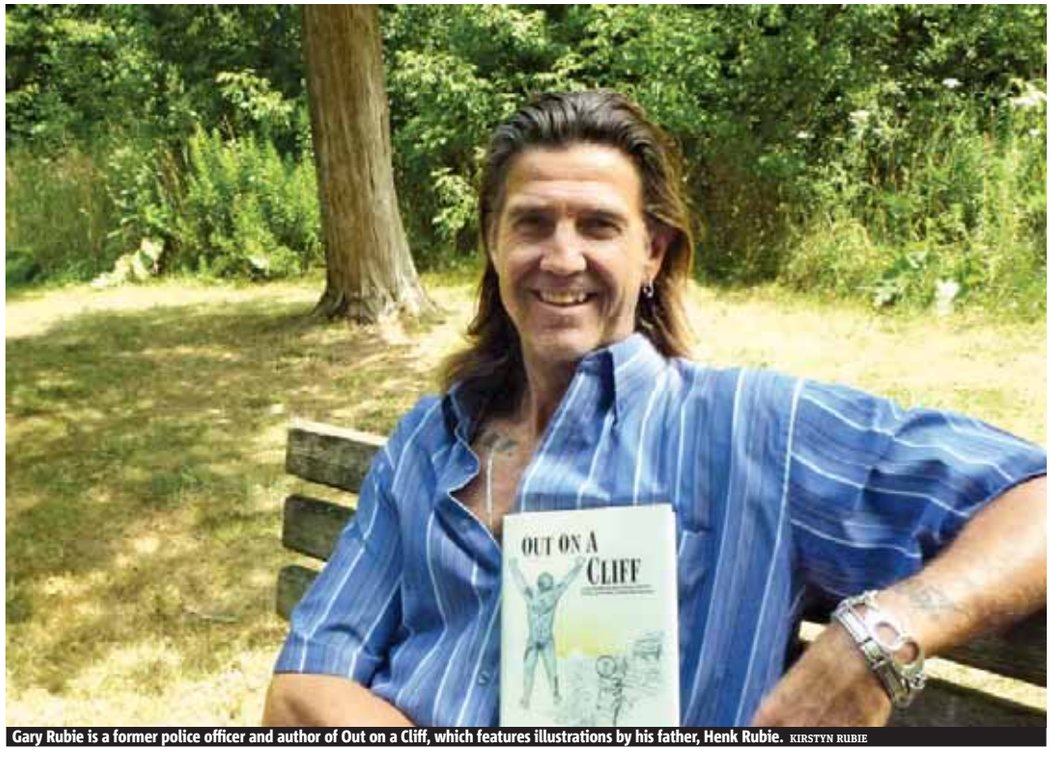
As a police officer with 25 years of service, Gary Rubie dealt with suicides, assaults, homicides, armed robberies and the murders of 15 police officers. The work-related trauma took its toll and Rubie started to experience nightmares and overwhelming depression. He ended up addicted to alcohol and pain killers.

Gary was diagnosed with post-traumatic stress disorder and got help. He started to write about his experiences and was eventually encouraged to put his stories and poems into a book called Out On a Cliff.

"I want to stop one person from committing suicide. For the person suffering from crippling depression I want them to know there is a light at the end of the tunnel. If one person is about to pick up a drink or use drugs there is another way out."

Don't give up

"I want to stop one person from committing suicide. For the person suffering from crippling depression I want them to know there is a light at the end of the tunnel. If one person is about to pick up a drink or use drugs there is another way out." Gary Rubie



Gary Rubie is a former police officer and author of Out on a Cliff, which features illustrations by his father, Henk Rubie. KIRSTYN RUBIE

end of the tunnel. If one person is about to pick up a drink or use drugs there is another way out. You don't have to destroy your mind and body anymore."

For 25 years, Rubie put his life on the line everyday as a police officer. Today, he has a new career. He's giving people hope.

"It's a miracle I'm alive today. I should have been dead 20 times over. From now on I plan to give back and help others."

Help yourself

Thoughts on recovery

- Surrender and be completely honest
- Turn your will and your power over to something greater than you
- Live one day at a time
- Be kind and gentle with yourself
- Self forgiveness is the key to internal healing.

Correction

The In-Credibility Factor: July 16

- Last week's In-Credibility column featured singer Meredith Shaw, whose Girl Who Believes contest was listed as being open to girls 11-17. The contest is, in fact, open to female applicants 11 years old and up.

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Get your digits off that device

Make the right call.
Is messaging during work meetings a mistake?

Just about everyone in the office has a mobile phone. But it seems very few understand the etiquette for using it during business meetings. In the workplace, some people carry devices that are company-issued and strictly business, others use their personal phones for a balance of business and home life activities, and the rest are just making weekend plans, posting to social media sites, and texting their friends.

Mobile phones, particularly those with email capability, have changed behaviour in business meetings forever.

The supplier of office business products and technology, Staples Advantage Canada, got a bit curious about how their clients — largely office workers — feel about these changes and surveyed them about mobile phone use during meetings.

The majority of survey respondents (59 per cent) indicated that they do not even bring their phones with them to meetings. Only 17 per cent said that their company actually bans the use of mobile phones during meetings.

Thirty nine per cent said using your phone in meetings is frowned upon but the rule is not enforced, and 43 per cent said no ban exists in their companies.

But how do people really feel about watching others reading and sending messages during meetings?

About 60 per cent of survey respondents indicated that they believe texting or answering emails during a business meeting is disrespectful.

Only two per cent said no, it's not disrespectful. Others (39 per cent) prefer to judge based on the role of the person, choosing "It depends on his or her job requirements."

Luc Marotte, the vice-president of information technology at Staples Advantage, says he believes the issue is not really about the technology available to us, or what that technology can do, rather it's about human beings and how they choose to interact with each other.

"It's just manners," he says. "In our company, as in most workplaces, we expect everyone to treat everyone else with respect. We assume people will operate with common sense and common courtesy, so all we have to do is take those basic principles and apply them to cell phone use."

"It's up to each one of us to make smart choices," Marotte says. "We all have the opportunity to make or break relationships. Your behaviour, whether interacting with your co-workers or with customers, matters a great deal. Polite handling of your phone shows others you care. Impolite use can have serious consequences in business."

NEWS CANADA

Earning respect around the office may mean switching off your ringtone. ISTOCK

Electronic etiquette

After hearing about the results of this survey, Luc Marotte asked people around his own workplace to share their ideas for etiquette dos and don'ts related to using mobile phones in meetings.

Here's their list:

- Do inform the other person or group at the beginning of the meeting if you are expecting a call or message that is very urgent and cannot wait. Apologize for any disruption that may occur. If the call or message comes in, leave, deal with it, and return as quickly as possible.
- Do change your mobile phone voice mail to tell callers when you are busy in meetings and when you'll be free.
- Don't discuss sensitive business or personal topics in front of anyone.
- Don't choose a ring tone that tells others a bit too much about your personal life.
- Don't place your phone out on the table in front of you.

Not cool with your tool

60 %

Percentage of survey respondents who indicated that they believe texting or answering emails during meetings is disrespectful.

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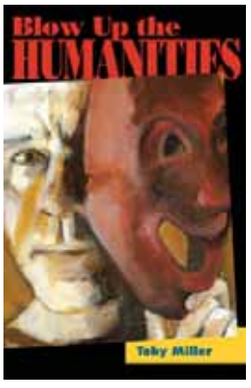
BRUCE WALSH
Metro World News in Philadelphia

Computer languages or ancient languages, which to study? PROVIDED

Toby Miller's latest book is his most confrontational, polemic piece of writing to date. In Blow Up the Humanities — which will be released by Temple University Press in August — the longtime author and media studies professor skewers his own field, painting humanities departments as antiquated relics with an overtly class-conscious agenda.



"It used to be that you couldn't get into Yale unless you were proficient in ancient Greek. The idea was that they would produce 'cultivated gentlemen who would be leaders of the country.' Eventually they dropped classical languages as the core and turned toward English literature and so on," says Miller, who is the chair of the media and cultural studies program at the University of California, Riverside.

"At the same time the big land-grant universities were looking for a much more applied form of humanities. ... That's why if you go to the University of Michigan or Illinois, you learn speech communication — but if you go to Yale or Harvard, you learn English literature."

Pupils of the past

"It used to be that you couldn't get into Yale unless you were proficient in ancient Greek."
Author Toby Miller

Pointing to a downward trend in student engagement, research and publication opportunities, Miller proposes a decidedly practical curriculum focused on the job skills most students need.

"Whether you work in PR or Metro, Greenpeace or Coca-Cola, you need to know how to design a webpage, the basics of narrative art, how software and hardware work and the conditions of labour in those areas," says Miller. "I'm looking for something that's very applied, in the way business is, but also has a critical edge, dealing with questions of labour and the environment, and not just how you can make a buck and become a corporate boss."

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IInterested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than July 31, 2012. PLEASE QUOTE: "Office Manager - Calgary" in the subject line. All submissions will be treated as confidential.

metro

MLB

Jays complete sweep of Red Sox

Brett Lawrie hit the game's first pitch for one of Toronto's four homers and the Blue Jays tagged Jon Lester for a career-worst 11 runs in a 15-7 victory that completed a three-game sweep over the Boston Red Sox on Sunday.

J.P. Arencibia, Rajai Davis and Travis Snider also homered for the Blue Jays.

Toronto (48-47) posted a season high for runs and climbed out of the AL East cellar, moving a half-game ahead of the Red Sox (48-48). The Blue Jays matched their season high with 18 hits.

Henderson Alvarez (6-7) pitched 5 2/3 innings, giving up seven runs.

THE ASSOCIATED PRESS

Motor racing

Castroneves gets breakthrough in Edmonton

After four years of frustration, Helio Castroneves finally broke through Sunday and won the Edmonton Indy.

The Brazilian racer beat frontrunner Alex Tagliani out of the final pit stop, took the lead, and held off Japan's Takuma Sato by less than a second for the checkered flag at the City Centre Airport.

Will Power, Castroneves' Penske teammate, was third, 5.4 seconds off the pace.

For Castroneves, it was a big weight off his shoulders in the Alberta capital.

He had finished second three times in the last four races in Edmonton. In 2010 he took the checkered flag only to be stripped of the win for blocking Power.

"It's my second win here — but today it counts," said the 37-year-old from Sao Paulo.

THE CANADIAN PRESS

Helio Castroneves celebrates at the IndyCar race Sunday in Edmonton. THE CANADIAN PRESS

Ernie Els holds up the Claret Jug trophy after winning the British Open Golf Championship at Royal Lytham and St. Annes golf club on Sunday in England.
PETER MORRISON/THE ASSOCIATED PRESS

Easy does it: Els takes Open title

PGA. Australian Adam Scott bogeys final four holes while Els finds something special

Quoted

"I'm going to try and come and see you this evening. I'm supposed to go to Canada but I think I'm going to blow that thing off." **In his victory speech, Ernie Els** said he planned to visit his family in London. His remark about skipping the Canadian Open sent staff scrambling to try to confirm he was coming. They could not confirm, though the South African said in his speech he would try to get to Canada on Tuesday.

Ernie Els felt something special could happen at the British Open, and it did.

All because of a collapse by Adam Scott that no one imagined.

Four shots ahead with four holes to play — after eight straight holes with nothing worse than par — Scott bogeyed them all and had to fight back tears on the 18th green Sunday as the magnitude of his meltdown began to sink in.

Els, who started the final round six shots behind, finished off a flawless back nine with a 15-foot birdie putt for a 2-under 68 that looked as if it would do little more than lock up another runner-up finish at Royal Lytham and St. Annes. Instead, he wound up with his second British Open — the other one was 10 years ago at Muirfield — and fourth major championship.

"Amazing," Els said. "I'm still numb. It still hasn't set in. It will probably take quite a few days because I haven't been in this position for 10 years, obviously. So it's just crazy, crazy, crazy getting here."

The celebration was muted, unlike his other three majors.

"First of all, I feel for Adam Scott. He's a great friend of mine," Els said. "Obviously, we both wanted to win very badly. But you know, that's the nature of the beast. That's why we're out here. You win, you lose. It was my time, for some reason."

Scott said: "I had it in my hands with four to go. I managed to hit a poor shot on each of the closing four holes. Look, I played so beautifully for most of the week. I shouldn't let this bring me down.

"I can't justify anything that I've done out there. I didn't finish the tournament well today. But next time — I'm sure there will be a next time, and I can do a better job of it."

THE ASSOCIATED PRESS

Tour de France. Wiggins blazes trail for British cycling

Twenty-three years ago, Bradley Wiggins marvelled while Greg LeMond blazed a trail as America's first Tour de France winner. Now, he has blazed his own.

The 32-year-old from gritty northwest London became Britain's first winner of cycling's greatest race on Sunday, ending a 75-year drought for his country with an imperial conquest of the roads in France.

Wiggins had locked up the yellow jersey a day earlier by winning the final time-trial and Sunday's ride onto the Champs-Élysées was largely ceremonial for him.

But putting the coveted shirt to work one last time, he added a touch of class by providing a lead out to Sky teammate and fellow Briton Mark Cavendish to get his third Tour stage victory — the 23rd of his career — in a sprint. The Isle of Man native is a main contender to win road-race gold at the Olympics in London, which has been a hovering presence over the peloton in this Tour.

Wiggins congratulated his teammates after crossing the line, hugged his wife and clutched the hands of their two children. A soprano sang God Save the Queen, and Wiggins thanked the crowd with a touch of British humour.

"Cheers, have a safe journey home, don't get too drunk," he quipped.

"It's been a magical couple of weeks for the team and for British cycling," Wiggins said. "Some dreams come true. My mother over there ... her son has won the Tour de France."

THE ASSOCIATED PRESS

Bradley Wiggins leads teammate Mark Cavendish past the Arc de Triomphe on the Champs-Élysées on Sunday in Paris. DOUG PENSINGER/GETTY IMAGES

4 SPORTS

MLB

"My inclusion in the Hall of Fame is the ultimate validation. I want to thank you all for helping me along the way."

Former Cincinnati Reds star Barry Larkin, who was inducted into the National Baseball Hall of Fame and Museum on Sunday in Cooperstown, N.Y. Larkin, who played his entire 19-year career with the Reds, retired after the 2004 season with a .295 career batting average, 2,340 hits, 1,329 runs scored and 379 stolen bases. The late Ron Santo, star third baseman for the Chicago Cubs and later a broadcaster for the team, was also inducted Sunday.

"This is not a sad day. This is a great day. I'm certain that Ronnie is celebrating right now."

Ron Santo's widow, Vicki

Mobile sports

LeBron James finally got his championship and Kevin Durant might be the NBA's brightest young star. But entering the twilight of his illustrious career, Kobe Bryant is the most sought-after personality when the U.S. Olympic basketball team heads overseas. Scan the code for the story.

Gaining power from the past

Weightlifting. Medal contender Girard inspired by Canada's former strong-women

The heaviest thing on Christine Girard's shoulders at the Olympics may be the legacy left by the Canadian female weightlifters that came before her.

But it's not a burden that slows her down. It only adds extra inspiration for London.

Girard, who grew up in Rouyn-Noranda, Que., is thinking particularly of Maryse Turcotte, who competed for Canada in the 2000 and 2004 Summer Olympics and won gold in two Commonwealth Games and one Pan American Games before she retired.

"I have enormous respect for Maryse and for what she did," Girard said from White Rock, B.C., where she trains and lives with her husband and coach Walter Bailey. "She was one of the first to stand out at the international level.

"Maryse showed what it's possible to do, she dared to do it. I want to do the same thing and hope to push things further in the future."

Girard hopes to add to the history in London, where she will compete in the 63-kilogram event on July 31. If she makes the podium, she'll be the first Canadian woman to get an Olympic medal in that discipline.

The 27-year-old, who was born in Elliot Lake, Ont., is not discouraged by incidents of doping within her sport.

"They have their reasons and I know this is not always their choice as an athlete," she said of those who cheat. "My goal is to show that if you work hard you can beat the others. Maybe it takes more years of training to get to that point — for me, it's 17 years — but I honestly think it's possible."

Girard is on her way to proving her point. She lifted 135 kilograms in the clean-and-jerk in training earlier this year — tying the Olympic record — and recently hoisted 136 kilograms.

"I've spent years testing that every month," she said. "If I'm capable of doing that in training, then others can too."

Girard, who was fourth at the Beijing Games, holds the record in the snatch and in total weight in her class at the Commonwealth Games — 60 kilograms — and the Pan American Games (63 kilograms).

THE CANADIAN PRESS

Quoted

"That's what I want to experience at the Olympics, that the world knows we are nice and polite in Canada but that doesn't mean we can't compete."
Canadian weightlifter Christine Girard

Christine Girard of Canada competes at the Beijing Olympics in August 2008. EZRA SHAW/GETTY IMAGES

Torch reaches new heights in London

Amelia Hempleman-Adams poses with the Olympic flame on top of a London Eye pod on the torch-relay leg through London on Sunday. Hempleman-Adams took the torch on a trip on the giant observation wheel on the south side of the River Thames, riding atop one of the Eye's viewing capsules as it slowly rotated. The 17-year-old Hempleman-Adams was the youngest person to ski to the South Pole last year. The Olympic flame continues its weeklong journey around London, after spending more than 60 days touring Britain. LEWIS WHYLD/LOCOG/THE ASSOCIATED PRESS

Track-and-field. U.S.-born athletes make up most of Haiti's small Olympic squad

Four of Haiti's five Olympians at the London Games have something in common — they're not from Haiti.

With millions of Haitians living on $2 a day or less and hundreds of thousands of people rendered homeless by a devastating earthquake two years ago, the country struggles to produce world-class athletes. But those with Haitian links are eager to represent the small Caribbean country.

"I still feel Haitian even if I wasn't born there," 21-year-old sprinter Marlena Wesh said in a telephone interview with The Associated Press.

Wesh, who will run the 200 and 400 metres at the Olympics, grew up in Virginia but her parents are from Haiti.

Besides having family ties to Haiti, the four foreign-born Olympians will be competing in track-and-field, including a former roommate of Facebook founder Mark Zuckerberg.

Samyr Laine, a 28-year-old triple jumper from New York, roomed with Zuckerberg at Harvard.

He hopes to eventually form a non-profit group called the Jump for Haiti Foundation, a sports program to produce future Olympic athletes from the country. Laine said he plans to call on his friends, including his roommate-turned-billionaire, to donate a few dollars.

"I hope they see the merits of my cause," Laine said. "I will definitely try to reach out to Mark as well."

Moise Joseph, a 30-year-old 800-metre runner, and Jeffrey Julmis, a 28-year-old 100-metre hurdler, are also on the team. Haiti's lone homegrown Olympian is Linouse Desravine, a 21-year-old judoka.

THE ASSOCIATED PRESS

Samyr Laine will compete for Haiti in the triple jump. GETTY IMAGES FILE

Athletic infrastructure

Haiti does pose unusual challenges for athletes.

- Three of Haiti's five competitive running tracks house thousands of people in tents and shanties who were displaced by the January 2010 earthquake.
- The office of the Haitian Olympic Committee has a budget of $400,000. The U.S. Olympic Committee's budget is about $170 million US.

Libya

Released Olympic committee chief says kidnapping still a mystery

The president of Libya's Olympic Committee said hours after he returned home Sunday that his kidnapping remains a mystery but that authorities promised to investigate.

Committee chief Ahmed Nabil al-Taher al-Alam was released unharmed a week after unknown gunmen abducted him from his car in Tripoli.

THE ASSOCIATED PRESS

Basketball

Argentina gives U.S. early exhibition test

The U.S. Olympic men's basketball team wore the throwback uniforms of the 1992 Dream Team on Sunday. The Americans' play was much different.

Kevin Durant scored 27 points and the United States held on for a narrow 86-80 victory over Argentina in an exhibition game.

The Americans got off to a hot start but their lead was down to four with 2:50 left after Manu Ginobili's three-point play. But Durant and Chris Paul hit big three-pointers as the U.S. won after being pushed for the second time in its four exhibition games. THE ASSOCIATED PRESS

Argentina's Pablo Prigioni dribbles past Kevin Durant on Sunday in Barcelona, Spain. GETTY IMAGES

Re-instatement

Baseball, softball agree to merge in bid to return to Olympics

Seven years after they were cut from the games, baseball and softball have agreed to merge into a single international federation in a joint bid to return to the Olympics.

The two sports, which were last played at the 2008 Beijing Games, each failed in separate attempts to win reinstatement for the 2012 and 2016 Olympics.

THE ASSOCIATED PRESS

Social media

"Didn't think it would get mass headlines. It was an innocent tweet."

U.S. hurdler Kerron Clement, who caused a social-media stir in London. He was less than complimentary in his tweet last week after a bus taking athletes to the village had a hard time finding its destination. He let his feelings be known on Twitter.

"Um, so we've been lost on the road for 4hrs. Not a good first impression London."
Clement's tweet

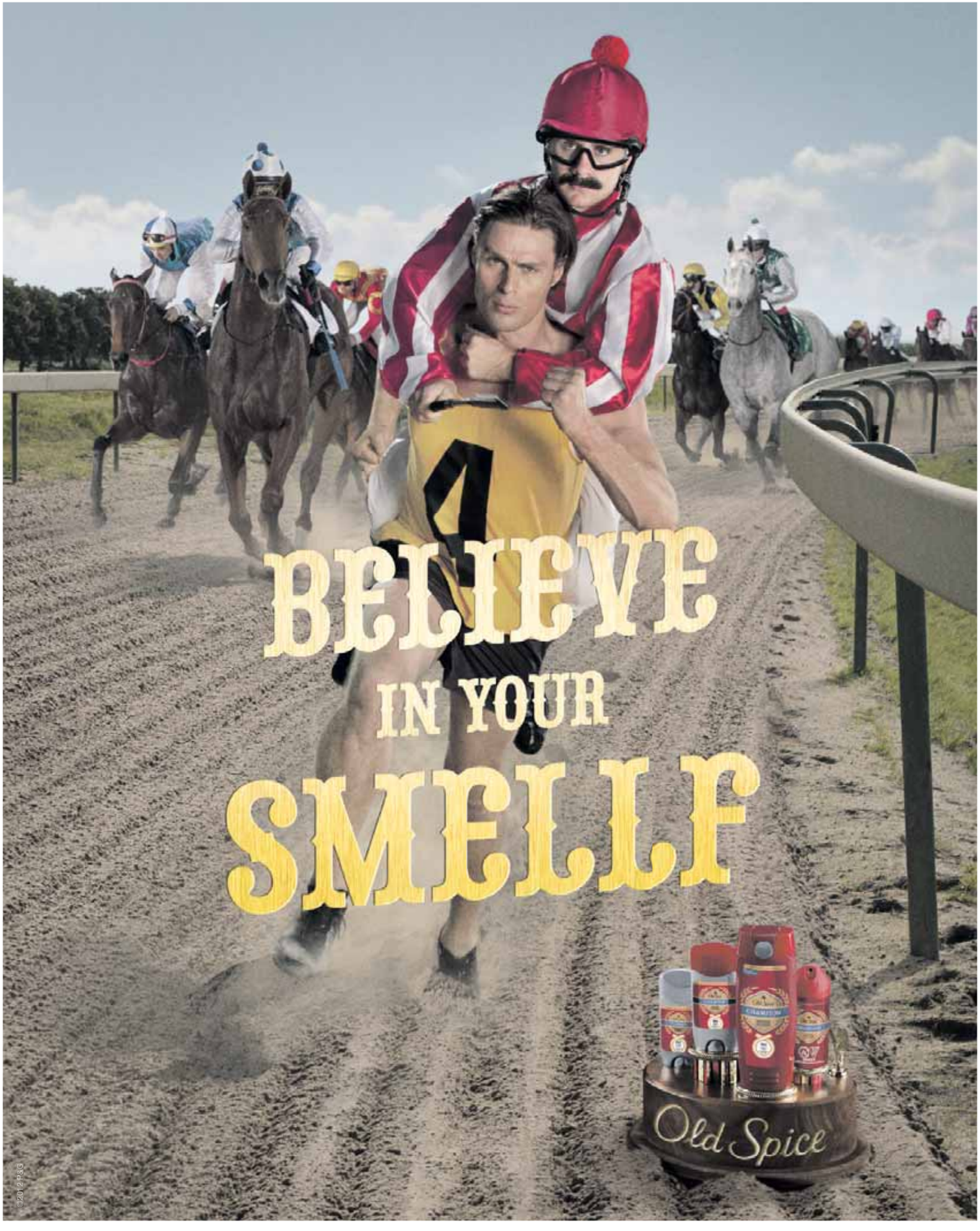
Heptathlon

Injuries force Sweden's Kluft to withdraw from London Games

Swedish long jumper Carolina Kluft says she won't compete at the London Olympics, because of a hamstring injury.

The former Olympic and world heptathlon champion told Swedish tabloid Expressen she sees no point in going to London after the injury forced her to pull out of a competition in Finland.

THE ASSOCIATED PRESS


BELIEVE
IN YOUR
SMELLF
Old Spice
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MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	57	38	.600	—
Baltimore	51	44	.537	6
Tampa Bay	49	47	.510	8½
Toronto	48	47	.505	9
Boston	48	48	.500	9½

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	52	44	.542	—
Chicago	50	45	.526	1½
Cleveland	47	48	.495	4½
Kansas City	40	54	.426	11
Minnesota	40	55	.421	11½

WEST DIVISION

	W	L	Pct	GB
Texas	56	38	.596	—
Los Angeles	52	44	.542	5
Oakland	51	44	.537	5½
Seattle	42	55	.433	15½

Sunday's results

Detroit 6, Chicago White Sox 4
Toronto 15, Boston 7
Seattle 2, Tampa Bay 1
Minnesota 7, Kansas City 5
Baltimore 4, Cleveland 3
Oakland 5, N.Y. Yankees 4, 12 innings
L.A. Angels 7, Texas 4

Saturday's results

Detroit 7, Chicago White Sox 1
Texas 9, L.A. Angels 2
Baltimore 3, Cleveland 1
Kansas City 7, Minnesota 3
Seattle 2, Tampa Bay 1
Toronto 7, Boston 3
Oakland 2, N.Y. Yankees 1

Tonight's games

All Times Eastern

Baltimore (Tom.Hunter 4-4) at Cleveland (Masterson 6-8), 7:05 p.m.
Boston (Doubront 10-4) at Texas (Feldman 3-6), 8:05 p.m.
Minnesota (Liriano 3-9) at Chicago White Sox (Floyd 7-8), 8:10 p.m.
Kansas City (B.Chen 7-8) at L.A. Angels (C.Wilson 9-6), 10:05 p.m.
N.Y. Yankees (Kuroda 9-7) at Seattle (Millwood 3-7), 10:10 p.m.

BLUE JAYS 15, RED SOX 7

Toronto	ab	r	h	bi	Boston	ab	r	h	bi
Lawrie 3b	5	3	2	1	Ellsury cf	5	2	2	1
YEscor ss	4	2	3	0	Nava lf	4	0	0	0
Rasms cf	6	2	2	2	Pedroia 2b	4	1	1	0
Encrnc 1b	2	2	1	2	AdGnzl 1b	4	2	2	3
Arencii dh	4	1	1	4	C.Ross dh	4	0	0	0
Lind ph-dh	1	0	1	0	SItlmch c	4	0	1	0
RDavis rf	4	3	3	2	Sweeny rf	2	1	1	0
Snider lf	4	1	2	3	Ciriaco ph-rf	1	0	0	0
Mathis c	4	0	1	1	Aviles ss	3	1	1	2
Vizquel 2b	5	1	2	0	Punto 3b	4	0	1	1
Totals	**39**	**15**	**18**	**15**	**Totals**	**35**	**7**	**9**	**7**

Toronto	**540**	**020**	**040** — **15**
Boston	**300**	**112**	**000** — **7**

DP—Boston 3. LOB—Toronto 6, Boston 3. 2B—Encarnacion (19), R.Davis (11), Sweeney (18), Aviles (24). HR—Lawrie (9), Arencibia (15), R.Davis (5), Snider (1), Ellsbury (1), Ad.Gonzalez (9). S—Y.Escobar, Mathis. SF—Encarnacion, Snider, Aviles.

Toronto	IP	H	R	ER	BB	SO
H.Alvarez W,6-7	5 2-3	8	7	7	1	2
Beck	0	1	0	0	0	0
Loup	2 1-3	0	0	0	0	2

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Washington	55	39	.585	—
Atlanta	52	43	.547	3½
New York	47	48	.495	8½
Miami	44	51	.463	11½
Philadelphia	42	54	.438	14

CENTRAL DIVISION

	W	L	Pct	GB
Cincinnati	55	40	.579	—
Pittsburgh	54	40	.574	½
St. Louis	50	45	.526	5
Milwaukee	44	50	.468	10½
Chicago	38	56	.404	16½
Houston	34	62	.354	21½

WEST DIVISION

	W	L	Pct	GB
San Francisco	53	42	.558	—
Los Angeles	52	44	.542	1½
Arizona	47	48	.495	6
San Diego	41	56	.423	13
Colorado	36	58	.383	16½

Sunday's results

L.A. Dodgers 8, N.Y. Mets 3, 12 innings
Cincinnati 2, Milwaukee 1
Washington 9, Atlanta 2
Pittsburgh 3, Miami 0
Philadelphia 4, San Francisco 3, 12 innings
St. Louis 7, Chicago Cubs 0
San Diego 3, Colorado 2
Arizona 8, Houston 2

Saturday's games

Atlanta 4, Washington 0, 1st game
L.A. Dodgers 8, N.Y. Mets 5
San Francisco 6, Philadelphia 5, 10 innings
Washington 5, Atlanta 2, 2nd game
Pittsburgh 5, Miami 1
Cincinnati 6, Milwaukee 2
St. Louis 12, Chicago Cubs 0
Arizona 12, Houston 3
Colorado 8, San Diego 6, 12 innings

Tonight's games

All Times Eastern

Chicago Cubs (Samardzija 6-8) at Pittsburgh (Bedard 5-10), 7:05 p.m.
Milwaukee (Wolf 3-6) at Philadelphia (Halladay 4-5), 7:05 p.m.
Atlanta (Minor 5-6) at Miami (Jo.Johnson 5-7), 7:10 p.m.
Washington (Zimmermann 7-6) at N.Y. Mets (C.Young 2-4), 7:10 p.m.
Cincinnati (Latos 7-3) at Houston (W.Rodriguez 7-8), 8:05 p.m.
L.A. Dodgers (Billingsley 4-9) at St. Louis (J.Kelly 1-2), 8:15 p.m.
Colorado (J.Sanchez 0-0) at Arizona (I.Kennedy 7-8), 9:40 p.m.
San Diego (Richard 7-10) at San Francisco (Vogelsong 7-4), 10:15 p.m.

A.Carpenter	1	0	0	0	0	1
Boston						
Lester L,5-8	4	9	11	11	5	2
Tazawa	3	2	0	0	0	5
Melancon	1-3	5	4	4	0	0
Albers	2-3	1	0	0	0	0
Aceves	1	1	0	0	0	1

Lester pitched to 2 batters in the 5th.
Beck pitched to 1 batter in the 6th.
WP—Lester.
T—3:28. A—37,737 (37,067) at Boston.

SATURDAY

BLUE JAYS 7, RED SOX 3

Toronto	ab	r	h	bi	Boston	ab	r	h	bi
Gose rf	3	0	0	0	Nava rf	3	0	0	0
RDavis ph-rf	1	2	1	0	Crwfrd lf	4	0	0	0
Lawrie 3b	3	0	1	3	Pedroia 2b	4	0	1	0
Rasms cf	3	1	0	1	AdGnzl 1b	4	1	1	0
Encrnc 1b	3	1	1	2	C.Ross dh	3	1	1	0
Lind dh	5	0	0	0	SItlmch c	4	1	1	3
Arencii c	4	1	1	1	Mdlrks 3b	4	0	0	0
KJhnsn 2b	4	1	1	0	Sweeny cf	3	0	0	0
YEscor ss	4	1	1	0	Ciriaco ss	3	0	1	0
Snider lf	4	0	1	0					

Totals	**34**	**7**	**7**	**7**	**Totals**	**32**	**3**	**5**	**3**

Toronto	**001**	**002**	**301** — **7**
Boston	**030**	**000**	**000** — **3**

E—Y.Escobar (9), Ciriaco (1), Middlebrooks (9). DP—Toronto 1, Boston 1. LOB—Toronto 7, Boston 4. 2B—R.Davis (10), K.Johnson (10), Y.Escobar (12), C.Ross (17). HR—Encarnacion (26), Arencibia (14), Saltalamacchia (18). SB—R.Davis (25), Y.Escobar (3), Ciriaco (4). S—Lawrie. SF—Lawrie.

Toronto	IP	H	R	ER	BB	SO
Villanueva W,5-0	6 1-3	4	3	3	2	5
Happ H,1	2-3	0	0	0	0	0
Oliver H,11	1	1	0	0	0	1
Lyon	1	0	0	0	0	1
Boston						
A.Cook L,2-3	6 1-3	4	5	3	1	1
F.Morales	1-3	0	1	1	1	1
Albers	0	1	0	0	2	0
A.Miller	1-3	0	0	0	0	1
Padilla	1	1	0	0	0	2
Tazawa	1	1	1	1	1	0

Albers pitched to 3 batters in the 7th.
WP—Villanueva.
Umpires—Home, Andy Fletcher; First, Rob Drake; Second, Joe West; Third, Sam Holbrook.
T—3:04. A—38,170 (37,495).

TRANSACTIONS

BASEBALL

AMERICAN LEAGUE

CHICAGO WHITE SOX — Optioned LHP Donnie Veal to Charlotte (IL).
SEATTLE MARINERS — Optioned RHP Stephen Pryor to Tacoma (PCL).
TAMPA BAY RAYS — Recalled RHP Brandon Gomes from Durham (IL). Optioned LHP Cesar Ramos to Charlotte.
TORONTO BLUE JAYS — Assigned OF Kipp Schutz to Lansing (MWL) and OF Josh Almonte to the Gulf Coast Blue Jays.

NATIONAL LEAGUE

ARIZONA DIAMONDBACKS — Optioned RHP Bryan Shaw to Reno (PCL). Added RHP Brad Bergesen to the 25-man roster.
ATLANTA BRAVES — Optioned RHP Ramon Delgado to Gwinnett (IL).
CHICAGO CUBS — Recalled LHP Jeff Beliveau from Iowa (PCL). Optioned RHP Rafael Dolis to Iowa.
CINCINNATI REDS — Agreed to terms with LHP Will Ohman on a minor league contract.
HOUSTON ASTROS — Assigned RHP Gera Sanchez to the Gulf Coast Astros. Claimed RHP Mark Hamburger off waivers from San Diego and assigned him to Oklahoma City (PCL). Recalled LHP Dallas Keuchel from Oklahoma City. Traded RHP Brett Myers to the Chicago White Sox for RHP Matthew Heidenreich and LHP Blair Walters.
NEW YORK METS — Recalled RHP Elvin Ramirez from Buffalo (IL). Designated RHP Miguel Batista for assignment.
PHILADELPHIA PHILLIES — Reinstated OF Laynce Nix from the 15-day DL. Designated OF Jason Pridie for assignment.
SAN DIEGO PADRES — Reinstated LHP Eric Stults from the 15-day DL. Optioned RHP Nick Vincent to Tucson (PCL). Agreed to terms with OF Carlos Quentin on a three-year contract through 2015.

FOOTBALL

CFL

WINNIPEG BLUE BOMBERS — Released RB Bloi-Dei Dorzon from the practice roster. Signed DL J.T. Gilmore to the practice roster.

CYCLING

TOUR DE FRANCE

Results Sunday from the 20th and final stage of the Tour de France, a 120.0-kilometre largely ceremonial flat ride from Rambouillet ending on the Champs-Elysees in Paris:

1. Mark Cavendish, Britain, Sky Procycling, three hours, eight minutes, seven seconds; 2. Peter Sagan, Slovakia, Liquigas-Cannondale, same time; 3. Matthew Harley Goss, Australia, Orica GreenEdge, s.t.; 4. Juan Jose Haedo, Argentina, Team Saxo Bank-Tinkoff Bank, s.t.; 5. Kris Boeckmans, Belgium, Vacansoleil-DCM, s.t.; 6. Gregory Henderson, New Zealand, Lotto Belisol, s.t.; 7. Borut Bozic, Slovenia, Astana, s.t.; 8. Andre Greipel, Germany, Lotto Belisol, s.t.; 9. Edvald Boasson Hagen, Norway, Sky Procycling, s.t.; 10. Jimmy Engoulvent, France, Saur-Sojasun, s.t..
11. Tyler Farrar, U.S., Garmin-Sharp-Barracuda, s.t.; 12. Koen de Kort, Netherlands, Argos-Shimano, s.t.; 13. Luca Paolini, Italy, Katusha, s.t.; 14. Yohann Gene, France, Team Europcar, s.t.; 15. Sebastien Hinault, France, France, AG2R La Mondiale, s.t.; 16. Ruben Perez, Spain, Euskaltel-Euskadi, four seconds behind; 17. Janez Brajkovic, Slovenia, Astana, s.t.; 18. Marco Marcato, Italy, Vacansoleil-DCM, s.t.; 19. Andrey Kashechkin, Kazakhstan, Astana, s.t.; 20. Samuel Dumoulin, France, Cofidis, s.t..

Also

27. Cadel Evans, Australia, BMC Racing, 0:07; 33. Vincenzo Nibali, Italy, Liquigas-Cannondale, 0:09; 34. Jurgen Van den Broeck, Belgium, Lotto Belisol, s.t.; 47. Tejay Van Garderen, U.S., BMC Racing, s.t.; 54. Bradley Wiggins, Britain, Sky Procycling, s.t.; 58. Chris Froome, Britain, Sky Procycling, s.t..

Overall Standings

(final after 20 stages)

1. Bradley Wiggins, Britain, Sky Procycling, 87 hours, 34 minutes, 47 seconds; 2. Chris Froome, Britain, Sky Procycling, 3:21 behind; 3. Vincenzo Nibali, Italy, Liquigas-Cannondale, 6:19; 4. Jurgen Van den Broeck, Belgium, Lotto Belisol, 10:15; 5. Tejay Van Garderen, U.S., BMC Racing, 11:04; 6. Haimar Zubeldia, Spain, RadioShack-Nissan, 15:41; 7. Cadel Evans, Australia, BMC Racing, 15:49; 8. Pierre Rolland, France, Team Europcar, 16:26; 9. Janez Brajkovic, Slovenia, Astana, 16:33; 10. Thibaut Pinot, France, FDJ-Big Mat, 17:17.
11. Andreas Kloeden, Germany, RadioShack-Nissan, 17:54; 12. Nicolas Roche, Ireland, France, AG2R La Mondiale, 19:33; 13. Christopher Horner, U.S., RadioShack-Nissan, 19:55; 14. Chris Anker Sorensen, Denmark, Team Saxo Bank-Tinkoff Bank, 25:27; 15. Denis Menchov, Russia, Katusha, 27:22; 16. Maxime Monfort, Belgium, RadioShack-Nissan, 28:30; 17. Egoi Martinez, Spain, Euskaltel-Euskadi, 31:46; 18. Rui Costa, Portugal, Movistar, 37:03; 19. Eduard Vorganov, Russia, Katusha, 38:16; 20. Alejandro Valverde, Spain, Movistar, 42:26.

Team Standings

1. RadioShack-Nissan (Luxembourg), 263 hours, 12 minutes, 14 seconds; 2. Sky Procycling (Britain), 5:46 behind; 3. BMC Racing (U.S.), 36:29; 4. Astana (Kazakhstan), 43:22; 5. Liquigas-Cannondale (Italy), 1:04:55; 6. Movistar (Spain), 1:08:16; 7. Team Europcar (France), 1:08:46; 8. Katusha (Russia), 1:12:46; 9. FDJ-Big Mat (France), 1:19:30; 10. AG2R La Mondiale (France), 1:41:15.
11. Lotto-Belisol (Belgium), 2:14:58; 12. Omega Pharma-Quick Step (Belgium), 2:17:25; 13. Rabobank (Netherlands), 2:54:44; 14. Saur-Sojasun (France), 2:54:46; 15. Euskaltel-Euskadi (Spain), 3:11:08; 16. Team Saxo Bank-Tinkoff Bank (Denmark), 3:21:23; 17. Lampre-ISD (Italy), 3:56:30; 18. Vacansoleil-DCM (Netherlands), 4:32:48; 19. Cofidis Le Credit en Ligne (France), 4:39:48; 20. Garmin-Sharp (U.S.), 4:57:52.

GOLF

BRITISH OPEN

At LYTHAM ST. ANNES, England
Par 70
Final round

Ernie Els, $1,405,890	67-70-68-68—273
Adam Scott, $812,202	64-67-68-75—274
Tiger Woods, $464,725	67-67-70-73—277
Brandt Snedeker, $464,725	66-64-73-74—277
Luke Donald, $304,610	70-68-71-69—278
Graeme McDowell, $304,610	67-69-67-75—278
Nicolas Colsaerts, $222,599	65-77-72-65—279
Thomas Aiken, $222,599	68-68-71-72—279
Geoff Ogilvy, $124,343	72-68-73-67—280
Miguel Angel Jimenez, $124,343	71-69-73-67—280
Ian Poulter, $124,343	71-69-73-67—280
Alexander Noren, $124,343	71-71-69-69—280
Vijay Singh, $124,343	70-72-68-70—280
Dustin Johnson, $124,343	73-68-71-71—280
Matt Kuchar, $124,343	69-67-72-72—280
Mark Calcavecchia, $124,343	71-68-69-72—280
Thorbjorn Olesen, $124,343	69-66-71-74—280
Zach Johnson, $124,343	65-74-66-75—280
Hunter Mahan, $79,277	70-71-70-70—281
Steven Alker, $79,277	69-69-72-71—281
Louis Oosthuizen, $79,277	72-68-68-73—281
Bill Haas, $79,277	71-68-68-74—281
Carl Pettersson, $60,044	71-68-73-70—282
Simon Dyson, $60,044	72-67-73-70—282
Steve Stricker, $60,044	67-71-73-71—282
Peter Hanson, $60,044	67-72-72-71—282
Matthew Baldwin, $60,044	69-73-69-71—282
James Morrison, $60,044	68-70-72-72—282
Nick Watney, $60,044	71-70-69-72—282
Bubba Watson, $60,044	67-73-68-74—282
Rickie Fowler, $47,124	71-72-70-70—283
Anirban Lahiri, $47,124	68-72-70-73—283
Jason Dufner, $47,124	70-66-73-74—283
John Senden, $40,615	70-71-75-68—284
Jim Furyk, $40,615	72-70-71-71—284
Gary Woodland, $40,615	73-70-70-71—284
Paul Lawrie, $40,615	65-71-76-72—284
Keegan Bradley, $40,615	71-72-68-73—284
Richard Sterne, $32,023	69-73-73-70—285
K.J. Choi, $32,023	70-73-71-71—285
Troy Matteson, $32,023	70-72-71-72—285
Francesco Molinari, $32,023	69-72-71-73—285
Padraig Harrington, $32,023	70-72-70-73—285
Kyle Stanley, $32,023	70-69-70-76—285
Ross Fisher, $23,180	72-71-74-69—286
Bob Estes, $23,180	69-72-74-71—286
Pablo Larrazabal, $23,180	73-70-71-72—286
Lee Westwood, $23,180	73-70-71-73—286
Rafael Echenique, $23,180	73-69-71-73—286
Joost Luiten, $23,180	73-70-69-74—286
Justin Hicks, $23,180	68-74-69-75—286
Greg Chalmers, $23,180	71-68-71-76—286
Simon Khan, $23,180	70-69-71-76—286
Fredrik Jacobson, $20,073	69-73-73-72—287
Yoshinori Fujimoto, $20,073	71-70-73-73—287
G.Fernandez-Castano, $20,073	71-71-72-73—287
Greg Owen, $20,073	71-71-71-74—287
Harris English, $20,073	71-71-70-75—287
Thomas Bjorn, $20,073	70-69-72-76—287
Rory McIlroy, $19,292	67-75-73-73—288
Jamie Donaldson, $19,292	68-72-72-76—288
Dale Whitnell, $19,292	71-69-72-76—288
Charles Howell III, $18,589	72-71-74-72—289
Lee Slattery, $18,589	69-72-75-73—289
Retief Goosen, $18,589	70-70-75-74—289
Sang-moon Bae, $18,589	72-71-71-75—289
Garth Mulroy, $18,589	71-69-72-77—289
Jeev Milkha Singh, $17,964	70-71-76-73—290
Aaron Baddeley, $17,964	71-71-74-74—290
Adilson Da Silva, $17,964	69-74-71-76—290
Martin Laird, $17,339	70-69-82-70—291
Chad Campbell, $17,339	73-70-74-74—291
Juvic Pagunsan, $17,339	71-72-73-75—291
Brendan Jones, $17,339	69-74-72-76—291
Toshinori Muto, $17,339	67-72-74-78—291
Tom Watson, $16,636	71-72-76-73—292
Warren Bennett, $16,636	71-70-75-76—292
Branden Grace, $16,636	73-69-71-79—292
John Daly, $16,168	72-71-77-74—294
Rafael Cabrera-Bello, $16,168	70-71-76-77—294
Andres Romero, $15,933	70-69-77-82—298

CFL

WEEK FOUR

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Hamilton	4	2	2	0	127	133	4
Toronto	4	2	2	0	106	113	4
Montreal	4	2	2	0	108	139	4
Winnipeg	4	0	4	0	78	141	0

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Saskatchewan	4	3	1	0	121	78	6
Edmonton	4	3	1	0	89	56	6
Calgary	4	2	2	0	147	120	4
B.C.	4	2	2	0	106	102	4

Saturday's result

Hamilton 39 Montreal 24

Friday's result

Edmonton 27 B.C. 14

Thursday's result

Calgary 41 Saskatchewan 38 (OT)

Wednesday's result

Toronto 25 Winnipeg 22

WEEK FIVE

Thursday, July 26

Edmonton at Winnipeg, 8:30 p.m.

Friday, July 27

Toronto at Montreal, 7:30 p.m.

Saturday, July 28

Hamilton at Saskatchewan, 6 p.m.
B.C. at Calgary, 9 p.m.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
New York	21	11	5	5	37	29	38
Kansas City	21	11	6	4	26	19	37
Houston	21	9	5	7	31	25	34
D.C.	20	10	7	3	34	27	33
Chicago	20	9	7	4	22	22	31
Columbus	18	7	7	4	18	19	25
Montreal	23	7	13	3	30	42	24
New England	20	6	9	5	25	25	23
Philadelphia	18	6	10	2	20	21	20
Toronto	20	5	11	4	24	36	19

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
San Jose	22	13	5	4	44	27	43
Real Salt Lake	22	12	7	3	33	26	39
Vancouver	22	9	6	7	25	26	34
Seattle	20	8	5	7	25	21	31
Los Angeles	22	9	10	3	38	35	30
Chivas USA	19	6	8	5	13	21	23
Colorado	21	7	13	1	27	30	22
Dallas	22	5	10	7	25	30	22
Portland	20	5	11	4	19	35	19

Sunday's result

Vancouver 2, San Jose 1

Saturday's results

Houston 3 Montreal 0
Columbus 1 D.C. United 0
Dallas 5 Portland 0
Kansas City 0 New England 0
Los Angeles 3 Chivas USA 1
New York 2 Philadelphia 0
Real Salt Lake 2 Colorado 0

Wednesday's results

Montreal 2 New England 1
Toronto 2 Colorado 1
Los Angeles 2 Vancouver 2
Chivas USA 1 Portland 0
New York 1 Chicago 0
Houston 2 Kansas City 1
San Jose 2 Dallas 1

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Horoscopes

♈ Aries
March 21 - April 20
Think big, act big and big rewards are sure to follow. The Sun in the most dynamic area of your chart means you won't let anything come between you and success. Life is a game and you love winning games.

♉ Taurus
April 21 - May 21
Make some changes on the home front this week – the bigger the better. How can you lighten up your living space? What can you do to give yourself a more relaxing environment? Don't wait – just do it.

♊ Gemini
May 22 - June 21
You don't need to raise your voice to make yourself heard – but you probably will. You want to make sure everyone – colleagues and loved ones alike – knows where you are coming from, and where you are going to.

♋ Cancer
June 22 - July 23
You seem to believe that you have been hard done by. Why is that? Maybe it's not other people's fault, maybe it's your own. If you want to change your luck, first change the way you look at the world.

♌ Leo
July 24 - Aug. 23
Don't worry if you have not done as much as you should have in recent weeks because the Sun in your sign will give you a boost. But don't wait for good things to be given to you – get them yourself.

♍ Virgo
Aug. 24 - Sept. 23
A life of ease may sound inviting but what would you have to show for it in the long-term? Not much. You have so many talents and it's about time you started using them.

♎ Libra
Sept. 24 - Oct. 23
Friends and family members will go out of their way to assist you today and if you are sensible and act on their advice you will do well on several levels. Your social life is about to pick up dramatically too.

♏ Scorpio
Oct. 24 - Nov. 22
The Sun in Leo at this time of year leads to changes on the work front and it is important that you do not resist what happens over the next few weeks. Go with the flow and you'll do very well indeed.

♐ Sagittarius
Nov. 23 - Dec. 21
It's time to let go of beliefs and opinions that have been holding you back and to replace them with something a bit more up-to-date. You don't have to follow the herd but you do have to widen your perspective.

♑ Capricorn
Dec. 22 - Jan. 20
The planets are urging you to be more adventurous. There are occasions when it is right to take risks and this is one of them, so stop playing for time and start making things happen, at home and at work.

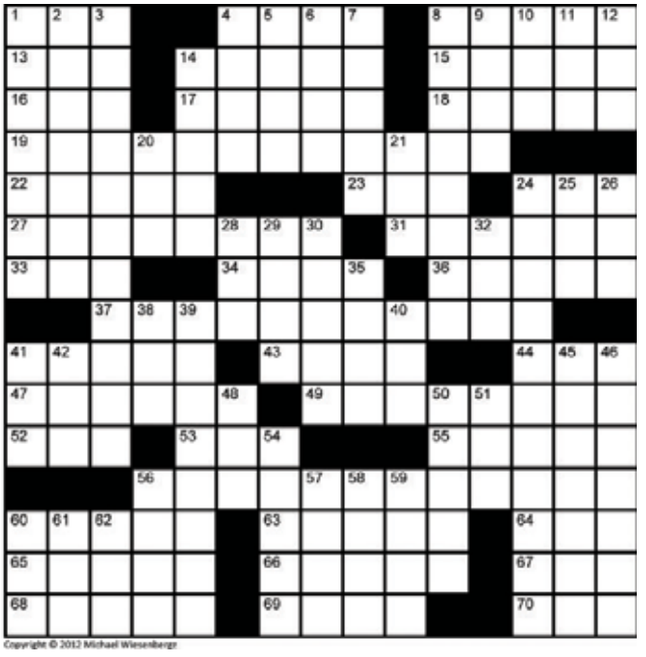
♒ Aquarius
Jan. 21 - Feb. 19
Put other people's interests first over the next few days, both in your personal life and at work. If you go out of your way to make life easy for others they will make it up to you big time later on.

♓ Pisces
Feb. 20 - March 20
Tear up an existing arrangement and replace it with something more to your liking. Others may not be happy about it but it is your happiness you should be thinking of.

SALLY BROMPTON

Crossword: Ontario

BY MICHAEL WIESENBERG



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Across

1. Newmarket-born actor Carrey
4. Brampton-born Michael who received 2008 Canadian Comedy Award for best male performance for Superbad
8. With 68-Across, 4 out of 5 touch Ontario
13. Nabokov novel
14. What a French-Canadian traffic cop might yell
15. Where to get a date?
16. "___ gonna get it!"
17. Something to believe
18. Ghana's capital
19. Part of the War of 1812 fought April 27, 1813, at what is now Toronto
22. "___ far, far better thing that I do ..."
23. Locks linking two of 8- and 68-Across
24. Race starter
27. Library transactions
31. Scarborough or North York WRT Toronto
33. Dentistry deg.
34. Great Britain emblem
36. Timberlake's group
37. Willowdale-born comedian who hosted Deal or No Deal
41. Mary Tyler Moore Show spinoff
43. Oakville progressive rock quintet
44. Dashboard gauge
47. Broadcasters
49. Network bigshot
52. Summer in ON
53. Duncan do not
55. Israel native
56. Southernmost extent of Canada's mainland, in Lake Erie
60. Toronto-born actress Jennifer known for playing Linda on Still Standing
63. ___ Hudson: Windsor-born member of The Band
64. Vitamin stat
65. For ___: cheaply
66. Roman title
67. Auto retailer: abbr.
68. See 8-Across
69. Sway
70. Sugary ending

Down

1. Nakedness symbol
2. Conceptualized
3. Hamilton-born star of Three Amigos, Pure Luck, Mars Attacks!, Father of the Bride
4. Early Ontario inhabitants
5. Rubik of cube fame
6. Shoal
7. Lawyers: abbr.
8. Circumvent
9. Pool start
10. It's beside F1
11. Broadcast
12. US airport checkers
14. Attorney-___
20. Mao ___-tung
21. Bond, etc.
24. London-born bandleader who formed The Royal Canadians in 1924
25. Carafe
26. US network
28. Clay, after
29. Falsehoods
30. Intoxicating elixirs
32. Mad cow disease
35. Former Hungarian premier Imre
38. Poem
39. Admonitions
40. As ___: Persian poker ancestor
41. Canada's ____ Dawn Chong
42. Secreted
45. Fräulein's frocks
46. How many stupid things are done
48. Unhappy
50. "Steady ___ goes!"
51. Indian lentil dish
54. Lawn tool
56. Not yours
57. Pack cargo
58. One of 8- and 68-Across
59. "___have to do"
60. Proverb or confident suffix
61. Cape Town's nation: abbr.
62. Convex cooker

Friday's crossword

What's online

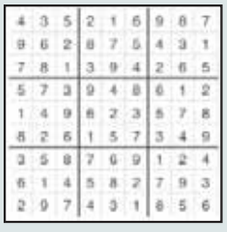
See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

		9	7		8			
	8					1	2	
3	2				5	7		
6		7	2				5	
				5				
	9				4	2		1
		1	6				7	9
	6	3					1	
			8		9	4		

Friday's Sudoku



Weather

MONDAY	TUESDAY	WEDNESDAY
MAX: 20° MIN: 14°	MAX: 19° MIN: 9°	MAX: 21° MIN: 13°

BT BREAKFAST TELEVISION

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